

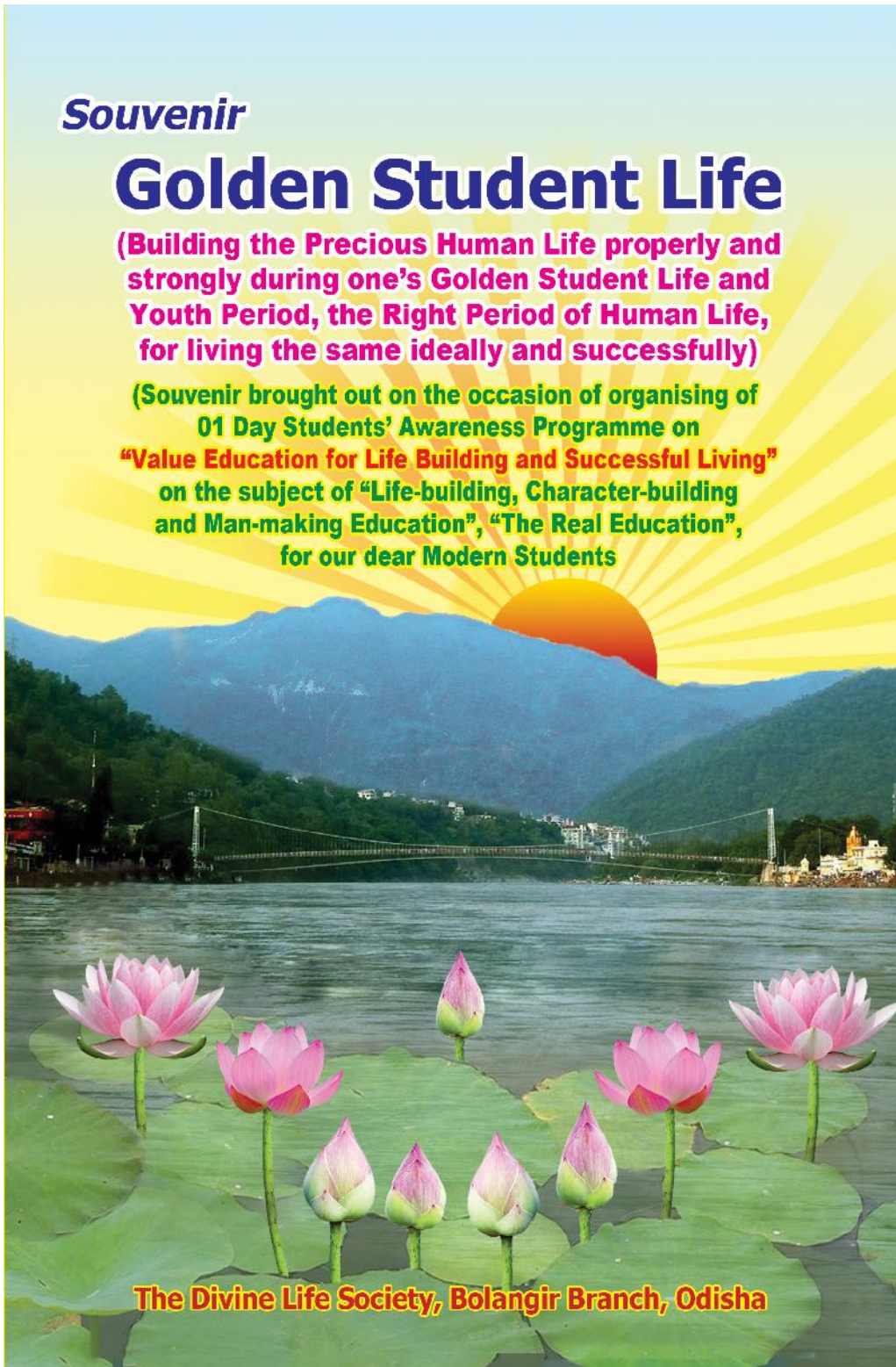
*Souvenir*

# **Golden Student Life**

**(Building the Precious Human Life properly and strongly during one's Golden Student Life and Youth Period, the Right Period of Human Life, for living the same ideally and successfully)**

**(Souvenir brought out on the occasion of organising of 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living" on the subject of "Life-building, Character-building and Man-making Education", "The Real Education", for our dear Modern Students**

**The Divine Life Society, Bolangir Branch, Odisha**



## Education

### Our Holy Scriptures

*Mundaka Upanishad* (1.1.4) says : "द्वे बिंद्वे वेदितव्य परा चैवापरा च". It means *vidya* or knowledge is of two types, viz. *para vidya* which means spiritual knowledge and *apara vidya* which means secular knowledge.

*Vishnu Purana* (1.19.41) says : "सा विद्या या विमुक्तये" - "Knowledge is that which liberates". It means "That *vidya* or knowledge which liberates the learner is true *vidya* or true knowledge".

In the *Bhagavad Gita* (Chapter - 10, verse - 32), Lord Krishna says : "अध्यात्मविद्या विद्यानां" - "Among the sciences I am the science of the Self".

## Education

### Swami Vivekananda

"Education is the manifestation of the perfection already in man."

"Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library. ... If education is identical with information, the libraries are the greatest sages in the world, and encyclopaedias are the rishis."

### Mahatma Gandhi

"By education I mean an all-round drawing out of the best in child and man -- body, mind and spirit."

".....Man is neither mere intellect, nor the gross animal body, nor the heart or soul alone. A proper and harmonious combination of all the three is required for the making of the whole man, and constitutes the true economics of education. ...."

### Swami Sivananda

"Education is the manifestation of the divinity in man."

"Education is the training in the art of living."

"That education which makes you tread the path of truth and righteousness, which moulds your character, which helps you to attain freedom, perfection and knowledge of the Self and, at the same time, enables you to eke out an honest living, can be called true education."

*Contd... at Back Cover Page Inner*

## Souvenir

### Golden Student Life

(Building the Precious Human Life properly and strongly during one's Golden Student Life and Youth Period, the Right Period of Human Life, for living the same ideally and successfully)

(Souvenir brought out on the occasion of organisation of one 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, for our Modern Students)



The Divine Life Society,  
Bolangir Branch, Odisha, India

Be good. Do good. — Swami Sivananda

Souvenir : Golden Student Life

Editor : Shri Raghunath Babu

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Mohan Lal Agrawal, Bolangir

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This Souvenir is meant for free distribution amongst our dear Modern Students with a humble prayer to them to kindly study this souvenir and utilise the teachings contained therein sincerely and meticulously in their day-to-day lives for deriving immense benefits in their personal lives.

Since this Souvenir, printed in limited number, will be distributed amongst limited number of Modern Students, they are also most humbly requested to kindly bring this Souvenir to the knowledge of all our other dear Modern Students with a view that they can also study the soft copy of this Souvenir in the Internet Archive and derive similar immense benefits for themselves.

### Soft copy of this Souvenir

The soft copy of this Souvenir can be studied, free of cost, in the Internet Archive by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the Souvenir in PDF format will be displayed.

### **Video Recording of this 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, for our Modern Students,**

Students can watch the video recording of various episodes, commencing with the abbreviation "ODSAP-DLS-BGR", of this **01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, for our Modern Students** (i) in the **YouTube Channel with the name <Life Building Science>**, (Link:-[https://www.youtube.com/channel/UC\\_engDsJG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA)); and also (ii) in the **YouTube Channel with the name <Mohan's Value Education>**, (Link:- [https://www.youtube.com/channel/UCRku88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ)); and thereby, they can derive great benefits from this Students' Awareness Programme for themselves.

### **About the cover page of this Souvenir**

The cover page of this souvenir has been designed keeping in view the subject matter of this book. It has five lotus buds and four lotus flowers growing up in a water pond. The background picture has been taken from the beautiful live scenery of the holy river Ganga and the holy mountain Himalayas as viewed from the bottom place of the Divine Life Society, Rishikesh, India. The rising sun has been inserted in that picture.

The four lotus buds represent four foundation pillars of human life, viz. good physical health, powerful mind, noble character and ethical conduct.

The four lotus flowers symbolise four grand goals of ideal human life according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, viz. achievement of economic prosperity, fulfillment of vital world desires, adherence to righteousness and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths.

The fifth lotus bud at the centre stands for celibacy which contributes a great deal towards laying of human life's four foundation pillars strongly; and achievement of four grand goals of ideal human life successfully; and which is the basis of successful human life, both secular and spiritual.

The rising Sun, the *Jnana-Surya*, radiating its rays on all directions, symbolises dissemination of knowledge and wisdom all around. The flowing holy river *Ganga*, the *Jnana-Ganga*, represents pouring of knowledge and wisdom down the land from the holy Himalayan place of *Tapasya* and *Jnana* of our *Rishis*, *Munis*, Saints and Sages all over our country *Bharatavarsha* and all over the world.

# **PART - A**

## **INTRODUCTORY**



**The Divine Life Society, Bolangir Branch,  
Sivananda Ashram, Bhagavati Nagar,  
PO/Dist: Bolangir, PIN - 767001 (Odisha)**

### **From the President's Pen**

Bolangir

Dt: 08.11.2024

The Divine Life Society, Bolangir Branch, Odisha, India is organising on the 09<sup>th</sup> November 2024 one 01 Day Students' Awareness Programme on the subject of "Value Education for Life Building and Successful Living", based on the world-renowned Sivananda Literature, with Exhibition of Books, for our dear Modern Students, for their immense benefits. During this Programme, addresses by Speakers and Guests, as well as exhibition of books written by His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the International Divine Life Society, Headquarters, Rishikesh, India on the said subject are being arranged.

On this auspicious occasion and in commemoration of this novel Programme, we are bringing out and publishing, with great pleasure, this souvenir, with the title "Golden Student Life". This souvenir contains very valuable learning materials and write-ups on "Value Education for Life Building and Successful Living", for study by our dear modern students, for their great benefits.

We firmly believe and greatly hope that this souvenir will be very much beneficial to our dear modern students. Therefore, we earnestly and fervently request them to kindly make the best use of the same.

*Shivananda Dash*  
(Sivananda Dash)  
President

Be good. Do good. — Swami Sivananda



## Editor's Note

Student Life and Youth Period is said to be the "Golden Period" of Precious Human Life. During this golden period, students need to decide the right goals of their precious lives; lay the foundation of their lives properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and construct the superstructure of their lives completely, properly, strongly and nicely with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of the individual soul, which are the four great goals of ideal human life according to our great and glorious Indian Culture or *Bharatiya Sanskruti*. Thereby, they can build their precious human lives properly and strongly, and live the same ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. Simultaneously, they can become worthy assets of their families, good members of the societies and ideal citizens of the nations and of the world.

In this connection, our dear Modern Students need to acquire knowledge on all the above matters through what is called "Life-building, Character-building and Man-making Education", which is the "Real Education", in addition to "Secular Education on various subjects of study", the "Ordinary Education", in their schools, colleges and universities. This is the **"Greatest and Burning Need of the Hour of our dear Modern Students"**. After learning the same, our dear Modern Students need to practise the knowledge so acquired in their daily lives meticulously and sincerely; and thereby, they can be able to build their precious lives completely, properly, strongly and nicely, and live the same ideally and successfully as stated above.

"Life-building, Character-building and Man-making Education" was imparted to our dear Ancient Students in the *Gurukulas* and *Rishikulas*, but there is no adequate and permanent provision in our schools, colleges and universities to impart the same to our dear Modern Students. Consequently, they are deprived of the same and are losing the most.

In this situation, the world-renowned "Sivananda Literature", i.e. Books written by His Holiness Shri Swami Sivananda Saraswati, the Founder-President of the International Divine Life Society, Headquarters, Rishikesh, and one of the great, spiritually illumined and world-renowned modern Saints, on various topics of the subject of "Life-building, Character-building and Man-making Education", can adequately meet the above need of our dear Modern Students. Therefore, one 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, for our dear Modern Students was organised by the Divine Life Society, Bolangir Branch, Bolangir, Odisha, India on 09<sup>th</sup> November 2024 with a view to create necessary awareness amongst, and provide introductory knowledge and bring "Sivananda Literature" on the said subject to the knowledge of, our dear Modern Students. During this programme, addresses on the relevant topics were delivered by renowned Guests and Speakers; and "Sivananda Literature" on the said subject were exhibited, for immense benefits of our dear Modern Students.

On this auspicious occasion and in commemoration of this novel and pioneering programme, this souvenir titled "Golden Student Life", containing very valuable learning materials and write-ups on the theme of this programme; as well as a few other valuable write-ups, is being brought out, for study by and immense benefits of our dear Modern Students.

One booklet, published by the International Divine Life

Society Headquarters, Rishikesh, India on the auspicious occasion of celebration of the Sivananda Literature Festival on July 20, 1959 throughout the whole world, titled "Students, Spiritual Literature and Sivananda", which contains a record of the questions on Spiritual Literature asked by one modern student named Shri Venu and the answers given by His Holiness Shri Swami Chidananda Saraswati, has been reproduced in this souvenir, for study and benefits of our dear Modern Students.

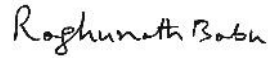
Incidentally, the quintessence of the practical teachings, viz. Twenty Important Spiritual Instructions, Science of Seven Cultures (Sadhana Tattwa) and Universal Prayer, which our Most Worshipful Sadgurudev H.H. Shri Swami Sivananda Saraswati ji Maharaj gave forth to the modern world, have also been incorporated in this souvenir for study, daily practice and immense good of our dear Modern Students.

The Messages received from the Saints of the Divine Life Society and other Dignitaries on the occasion of this Students' Awareness Programme have been included in this souvenir for benefits of our dear Modern Students.

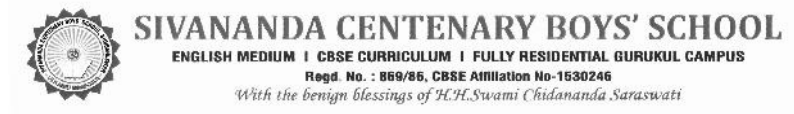
Further, the agenda of this Students' Awareness Programme has also been incorporated in this souvenir with the view that other Branches of the Divine Life Society, and also Schools which will be interested to organise such programme, may take the same into consideration while preparing the agenda of the programme to be organised by them.

Thus, humble efforts have been made to enrich this souvenir as much as possible by incorporating very valuable learning materials for our dear Modern Students with a view that they will study the same, practise the knowledge contained therein and derive immense benefits in their lives.

Bolangir,  
Dt: 10.11.2024

  
Raghunath Babu

**Messages and Blessings of Saints and Dignitaries received on the occasion of Celebration of this Special Sivananda Literature Festival for Students and Teachers being organised on the 19<sup>th</sup> November 2023**



To,  
The President,  
The Divine Life Society,  
Sivananda Ashram, Bhagabati Nagar,  
PO/Dist: Bolangir - 767 001, Odisha.

Dt: 10.10.2024

**MESSAGE**

Radiant Immortal Atman,  
Om Namo Narayanaya.  
Om Namo Bhagavate Sivanandaya.  
Om Namo Bhagavate Chidanandaya.

It gives me immense joy to learn from your letter of the 08<sup>th</sup> September 2024 that the Divine Life Society, Bolangir Branch, Odisha is organising on the 09<sup>th</sup> November 2024 one 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, with Exhibition of Books, with a view to creating "Awareness" amongst our modern students on the great necessity of "Life-building, Character-building and Man-making Education", which will guide them in building their precious human lives rightly and for living the same ideally and successfully, for their great personal benefits; and is bringing out a commemorative Souvenir on this blessed occasion.

Be good. Do good. — Swami Sivananda

The *Rishis*, *Munis* and Sages, the ancient Teachers, in the *Gurukulas* and *Rishikulas*, were imparting teachings to their students on "Life-building, Character-building and Man-making Education" also, in addition to various subjects of different streams of education such as arts, science, commerce, law, engineering, medicines, etc. But such education is very much lacking in our modern education system which is based on western pattern of education. Consequently, our modern students are deprived of the same and are losing the most. In this situation, I can emphatically say, out of my long 40 years of close association with students and teachers, that our modern students intensely need "Life-building, Character-building and Man-making Education", that too most urgently.

The world-renowned, immortal Sivananda Literature, which very richly contains right and comprehensive teachings on "Life-building, Character-building and Man-making Education", and therefore, which can most eminently meet the above requirement of our modern students, is a unique "God-sent Boon" and "Divine Blessing" upon the entire modern mankind, including the modern students of the whole world. Millions of modern men, as well as the modern students, across the world, have studied Sivananda Literature and derived immense benefits in their lives, both material and spiritual. Therefore, organising this kind of Students' Awareness Programme on "Value Education for Life Building and Successful Living" is really a "Divine Blessing" and a "Great Opportunity" for our modern students.

In this context, I firmly believe, in the present scenario, that this well-conceived and well-designed Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, being organised by the Divine Life Society, Bolangir Branch, Odisha, India, will definitely herald a new dawn; and create new

awareness; and disseminate needed knowledge on "Life-building, Character-building and Man-making Education" amongst our modern students. And, I firmly trust, by studying Sivananda Literature and by practising the teachings contained therein in their daily lives, our modern students will get the long-felt right and comprehensive guidance in the matter of building their lives rightly; and for living the same ideally and successfully, from both secular as well as spiritual points of view. Hence, our modern students should take full benefit from this unique Programme.

This Programme, indeed, is a unique and great Student-seva. Simultaneously, this programme is a unique and great Society-seva and Nation-seva. This is also a unique and great Guru-seva.

Further, this Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, is a novel, pioneering and exemplary *Jnana Yajna*, the greatest amongst all types of *Yajnas*; and is worthy of emulation by other branches of the Divine Life Society for providing similar immense benefits to our modern students at their respective places.

May this Students' Awareness Programme be a grand function with great success ! May the participating students benefit immensely from this Programme ! May the great benefits of this Programme also spread swiftly and amply, far and wide, all over the world, for similar benefits of all other modern students !

May the abundant blessings and grace of the Almighty Supreme Lord and Most Worshipful Sadgurudev Shri Swami Sivanandaji Maharaj be ever upon the entire students community all over the world as well as the organisers of this Programme !

In the service of Shri Gurudev

*Swami Sivachidananda*<sub>35</sub>  
(Swami Sivachidananda Saraswati)  
Former Secretary

Be good. Do good. — Swami Sivananda



**IDM PUBLIC SCHOOL, BAGBHADI, BALANGIR**

C.B.S.E AFFILIATION NO.-1530201, SCHOOL CODE-15387

The President,  
The Divine Life Society,  
Balangir Branch,  
Balangir.

Bolangir  
Dt.20.10.2024

Sir,

### **Message**

With great pleasure, I understand that the Divine Life Society, Bolangir Branch, Odisha is organising on the 09<sup>th</sup> November 2024 one 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, with Exhibition of Books on "Life-building, Character-building and Man-making Education", for our modern students, for their immense benefits; and also bringing out one commemorative Souvenir on this occasion.

This programme, I understand, intends to create "Awareness" amongst our modern students on the great necessity of "Life-building, Character-building and Man-making Education", based on Sivananda Literature, which our modern students need very intensely in view of its lacking its due place in the extant study curriculum for our modern students which is based on the western system of education.

Keeping in view the present state of our modern students, I profoundly feel, out of my long 60 years of teaching experience, that our modern students intensely need "Life-building, Character-building and Man-making Education", in addition to the extant "Secular Education". Thereby, they can learn such knowledge and build their lives properly and strongly; and live the same ideally and successfully. And, thereafter, they, as "The

Be good. Do good. — Swami Sivananda



Makers of the Nations", can also be able to build their nations properly and strongly. Therefore, our modern students should take great benefits of this programme and the Souvenir for their immense personal benefits. Needless to mention, thereby, our society and our nation will also derive great benefits.

In this context, I consider that this well-conceived Students' Awareness Programme on the most important subject of "Value Education for Life Building and Successful Living", is uniquely pioneering, highly praise-worthy and is a very good endeavour in this direction. This programme should best serve the noble purpose for which it is being organised.

Educational institutions of our country also, and more particularly, high schools, should consider to organise at their ends such programmes on the above subject, for great benefits of their students.

I wish this programme a grand success. I also wish the souvenir to be brought out on this occasion widest circulation in the students' community.

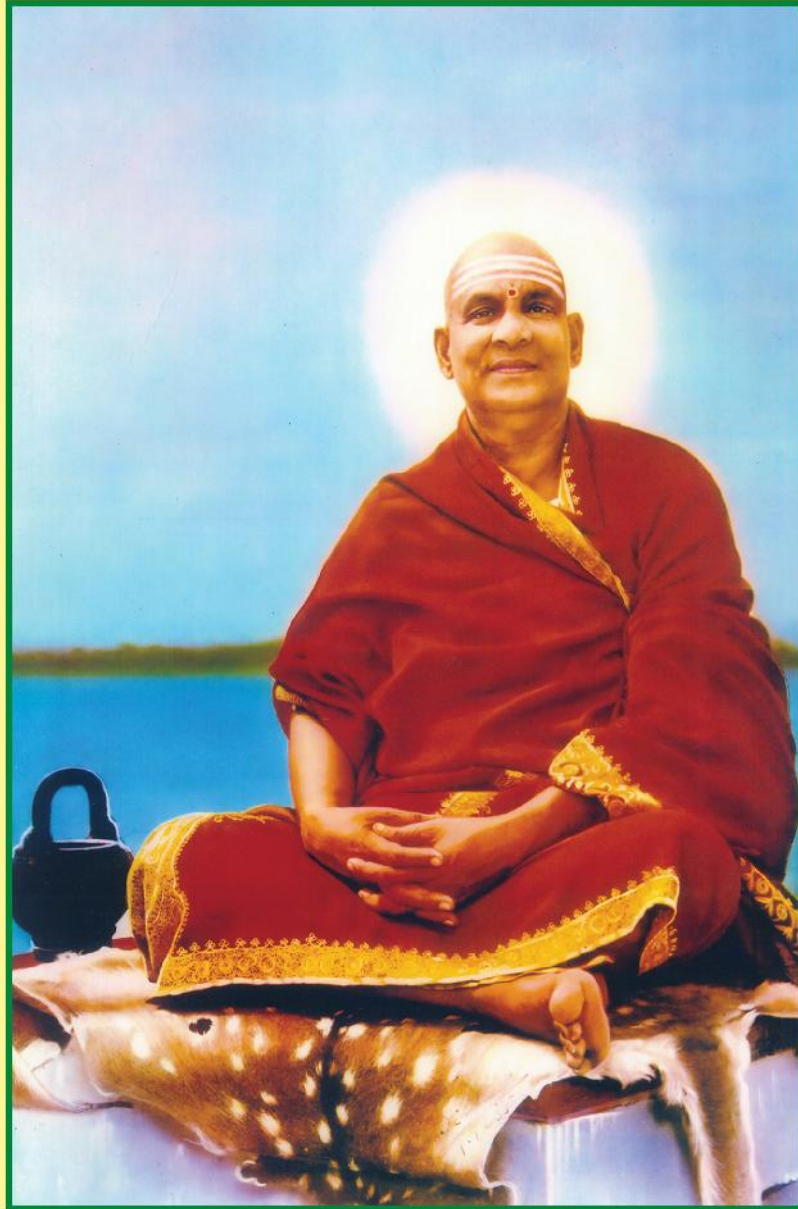
With regards,  
Sincerely,



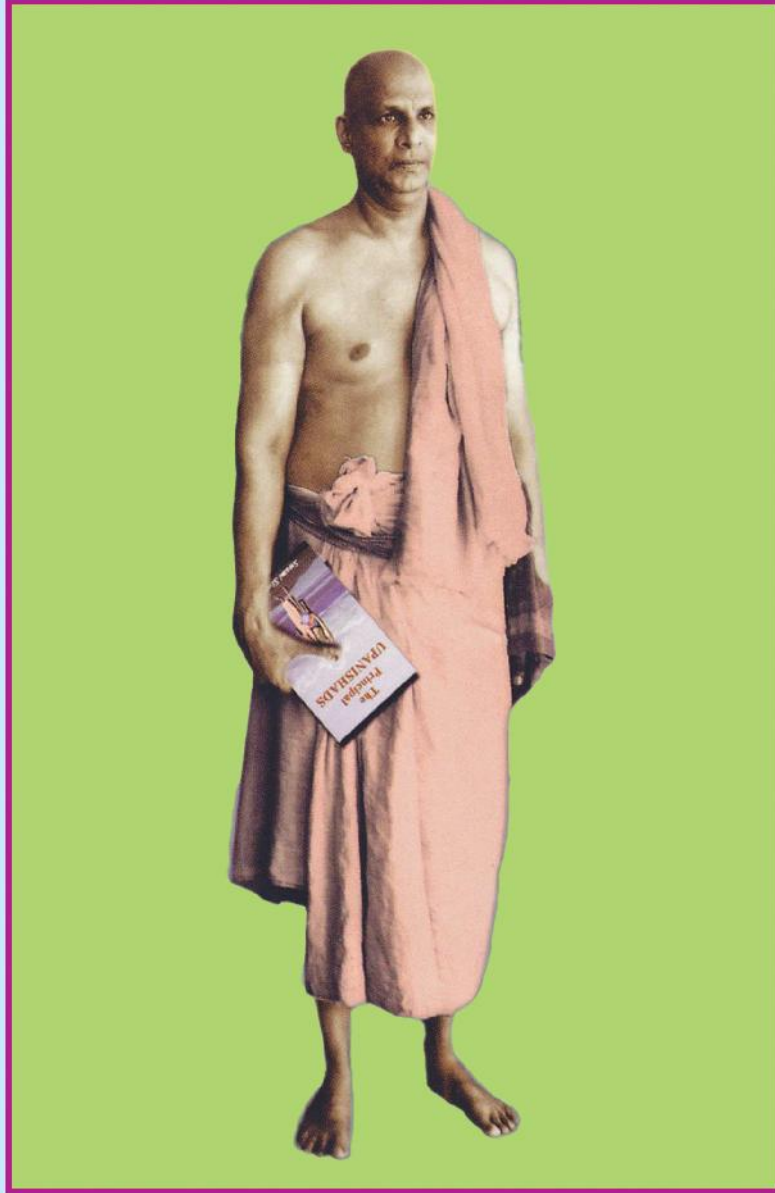
(Sarat Chandra Dixit)  
Founding Director



H.H. S  
The Founder-Pre



H.H. Shri Swami Sivananda Saraswati,  
The Founder-President, The Divine Life Society, Rishikesh



H.H. Shri Swami Sivananda Saraswati, the Founder-President,  
The Divine Life Society, Rishikesh, the illustrious Author of  
more than 300 books

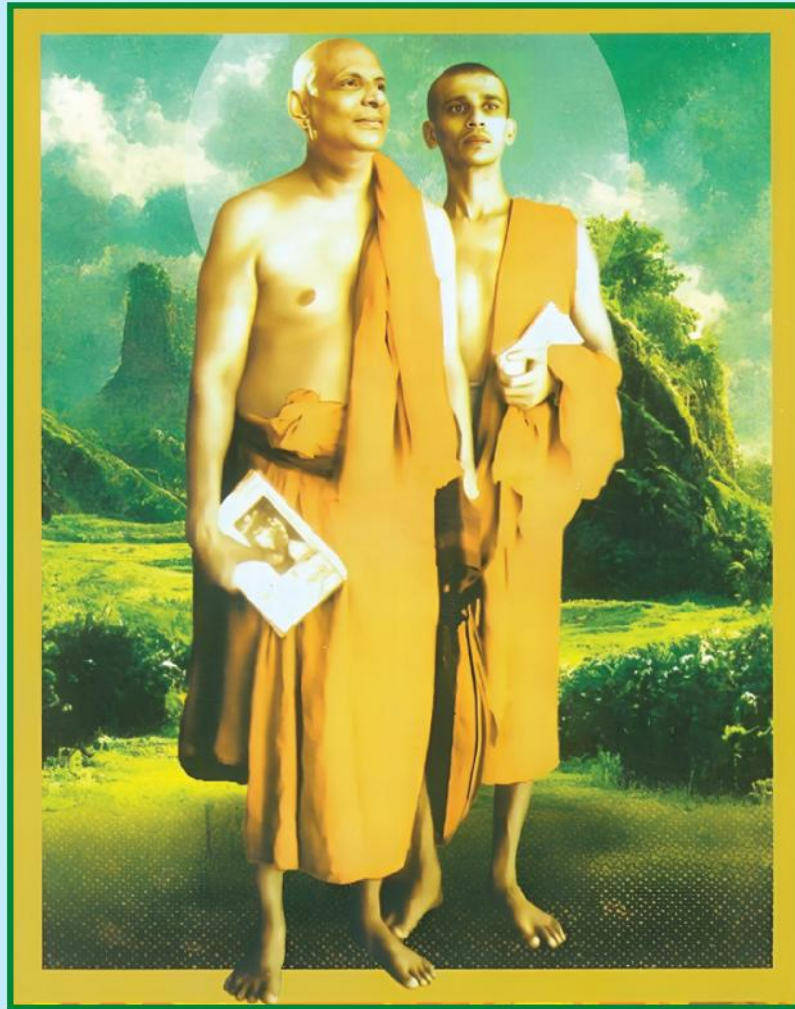


H.H. Shri Swami Sivananda Saraswati, the Founder-President,  
The Divine Life Society, Rishikesh, the illustrious Author of  
more than 300 books



H.H. Shri Swami Sivananda Saraswati,  
The Founder-President, The Divine Life Society, Rishikesh,  
the illustrious Author of more than 300 books, distributing His Books





H.H. Shri Swami Sivananda Saraswati, the Spiritual Master distributing His Books; and H.H. Shri Swami Chidananda Saraswati, His prominent Disciple and Successor who preached His Spiritual Master's teachings all over the world for about long 60 years

## PRAYERS

सा विद्या या विमुक्तये

Knowledge is that which liberates.

ॐ सह नावतु । सह नौ भुनक्तु ।

सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥

ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher and the taught). May He cause us both to enjoy the bliss of Mukti (liberation). May we both exert to find out the true meaning of the scriptures. May our studies be fruitful. May we never quarrel with each other.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।

चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the Collyrium-stick of Knowledge, the eyes of him who is rendered blind by the darkness of ignorance.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect towards the right path.

असतो मा सद्गमय ।

तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,  
Lead us from darkness unto Light,  
Lead us from death unto Immortality.

Be good. Do good. — Swami Sivananda

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asuspiciousness be unto all,  
May peace be unto all,  
May fullness be unto all,  
May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,  
May all be free from disabilities,  
May all behold what is auspiciousness,  
May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.  
From That (Brahman) Full, this (Universe) Full has come.  
When this (Universe) full is taken from That (Brahman) full,  
It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !  
Peace be to the North ! Peace be to the South !  
Peace be above ! Peace be below !  
Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

Be good. Do good. — Swami Sivananda



## Qualities of Students

Sri Mohan Lal Agrawal

Students, schools, study curriculum and Teachers form the integral parts of the education system. They are the four pillars of the education system.

Further, students, the learners, are the recipients and beneficiaries of the education system; and schools, study curriculum and Teachers, the providers of education, are the benefactors of the education system.

Governments and private owners build schools, colleges and universities for imparting education to students. Schools, colleges and universities need to be self-sufficient and well-equipped with all types of necessary and good infrastructural facilities, adequate teaching materials and equipments, required number of Teachers, play ground, drinking water, toilet, etc.. They also need to provide disciplined, congenial, conducive, pure and peaceful study atmosphere for carrying on day-to-day teaching and learning activities. Thus, they need to be ideal learning centres. Thereby, teaching and learning becomes easy, smooth, pleasant, effective, fruitful and successful.

Study curriculum for students in schools, colleges and universities needs to be ideal, holistic, complete and right comprising both "Life-building, Character-building and Man-making Education", the "Real Education", as well as "Secular Education on various subjects of Study", the "Ordinary Education". Both these education, combined together, is the "Right Education". It aims at making the students as "Ideal Students" so that they can make their best endeavours to build themselves, in their future lives, as "Ideal Human Beings". "Ideal Human Beings" means both "Good Human Beings" with moral,

ethical, noble and spiritual qualities; as well as "Capable Human Beings" with capacity to "Stand on their own Legs", "Earn their livelihood independently" and "Face the challenges and difficulties of real work-a-day life, and proceed forward optimistically and patiently in their day-to-day life amidst unfavourable circumstances and adverse situations".

"Life-building, Character-building and Man-making Education", the "Real Education", in my humble view, is the "Soul" of the study curriculum of the education system while "Secular Education on various subjects of Study", the "Ordinary Education", is its body.

Study curriculum, in my humble view, is the "Soul" of the education system.

Teachers need to be ideal with right understanding and right attitude towards teaching profession; with noble objective, profound concern, genuine love, deep passion and great liking for imparting education; with sufficient awareness about their duties, roles and responsibilities as Teachers; and with good understanding of the educational needs of students. They also need to be efficient and effective with sufficient knowledge on their subjects of teaching, excellent teaching ability and good teaching skill. Also, and most importantly, they need to be noble and ideal with the living example of their moral, ethical, noble and ideal personal life.

Teachers need to impart to their students "Right Education", which comprises both "Life-building, Character-building and Man-making Education", the "Real Education" as well as "Secular Education on various subjects of Study", the "Ordinary Education", and thereby, they can "Make" their students as "Ideal Students", who can make their best endeavors to build themselves, in their future lives, as "Ideal Human

Beings", i.e. "Good Human Beings" and as "Capable Human Beings".

Thus, Teachers are the "Architects of the Students", or, as popularly said, the "Makers of the Students" who are the "Makers of the Nations". Therefore, Teachers are the "Makers of the Makers of the Nations".

Thus, all the three benefactors, viz. schools, study curriculum and Teachers need to give their best for imparting education to the students. This is very important.

And it is for the students, the beneficiaries, to receive well the teachings imparted to them by the Teachers; and thereby, to build themselves as "Ideal Students" so that they can build themselves, in their future lives, as "Ideal Human Beings" as stated above. This is most important.

In view of the above, students must possess some requisite qualities so that they can learn the teachings and acquire knowledge well. Thereafter, they can practise the teachings/knowledge in their daily lives meticulously and sincerely; "make" their lives rightly; and build themselves as "Ideal Human Beings". Thereby, they can derive the intended benefits in their lives. But, if they do not possess those qualities, they can not learn the teachings and can not acquire knowledge well; can not "make" their lives rightly; and can not build themselves as "Ideal Human Beings". Consequently, they are most likely to suffer from irreparable damages and permanent losses in their lives. This can be explained with the help of an example. It is like this. It is rainy season. The weather is cloudy. It is raining plentifully. A pot has been kept on the ground in order to receive the rain water and store the same for future use. If the pot is of good quality, it can well receive the water, and store the same for future use. But if there is leakage in the pot, it can not hold

the rain water pouring into it and will remain empty. As a result, the rain water pouring into it will go out through the leakages, get wasted and will not be available for use in future. Therefore, students must possess the requisite qualities of a student.

What are the requisite qualities of students ? Some important qualities can be enumerated as under:-

(i) They must be "Willing Students" to receive education well and make their lives rightly in order to live their life ideally and successfully,

(ii) They ought to possess "*Jigyashu Bhav*" or "Burning Desire to Learn" or "Great thirst for knowledge" and ought to be always inquisitive in acquiring knowledge,

(iii) They ought to love to learn and have interest to acquire knowledge,

(iv) They ought to possess a serene and calm mind,

(v) They ought to possess humility,

(vi) They ought to be disciplined,

(vii) They ought to be obedient,

(viii) They ought to possess optimistic attitude in life,

(ix) They ought to be single-minded and they ought to focus their mind to study and study only,

(x) They ought to be determined and dedicated to study,

(xi) They ought to be regular and sincere in their study,

(xii) They ought to be hard-working and pains-taking,

(xiii) They ought to be patient,

(xiv) They ought to be persevering,

(xv) They ought to be simple and moderate in food and sleep,

(xvi) Also, they must keep themselves away from bad company and all types of sensual environments and enjoyments,

(xvii) Further, they must strictly observe complete celibacy (*poorna brahmacharya*) during their student-life and youth period,

(xviii) They ought to have love (*shraddha*), devotion (*bhakti*) and faith (*biswas*) in their Teachers,

The following Sanskrit *sloka* speaks of five qualities of students:-

“काक स्नान \* बको ध्यानं श्वान निद्रा तथैव च  
स्वल्पहारी गृहत्यागी विद्यार्थी पंच लक्षणं ।”

Meaning: - A student should take (quick) bath like a crow\*, have (deep) concentration like a crane and take (light) sleep like a dog (that wakes up even at slightest noise or disturbance). He should take less food which is just sufficient to maintain his health and should stay away from home (i.e. stay away from the daily household chores and emotional attachment or remain detached even while living in the house). These are the five qualities of students.

\* (Some mention this as \* "काक चेष्टा" (*Kaka Chesta*) also, meaning perseverance of a crow.)

Study is a kind of "*Tapasya*" or "Austerity" in student life. Therefore, students need to possess the above requisite qualities of a student and dedicate themselves totally to and focus their total attention in learning. However, if they do not have any amongst such qualities, they need to cultivate and develop the same through regular practice and with patience.

Students must possess the requisite qualities of a student in their own interest and for the highest welfare in their personal lives.

## **NOTE**

## Golden Student Life

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**Value Education for Life Building**  
**and Successful Living**  
**(Life-building, Character-building**  
**and Man-making Education)**

## **Goal of Human Life**

H.H. Shri Swami Sivachidananda Saraswati

(Author's Note: During one 04 Days Student Awareness Programme on "Value Education for Life Building and Successful Living" organised at IDM Public School, Bolangir, Odisha, India during November 2019 for guidance of their students, Shri Swami Sivachidananda Saraswati belonging to the Divine Life Society, Rishikesh, India and the Secretary, Sivananda Centenary Boys High School, Bhubaneswar, Odisha, India delivered the inaugural address to the participating students on the topic "The Goal of Human Life".

The said inaugural address of Shri Swamiji is highly enlightening and greatly inspiring. The said address is considered extremely valuable and profoundly beneficial for our modern students. Therefore, the said inaugural address has been collected and reproduced below, with the kind consent of Shri Swamiji, for study, guidance and benefits of our modern students all over.

I most earnestly and fervently pray to our modern students to kindly study the said inaugural address carefully and meticulously, with due earnestness and great interest, and utilise the same for their great personal benefit.)

The above inaugural address of Shri Swamiji is reproduced as under:-

### **Goal of Human Life**

#### **Universal Prayer**

O Adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent and Omniscient.

Thou art Existence-Consciousness-Bliss Absolute.

Thou art the Indweller of all beings.

Grant us an understanding heart,

Equal vision, balanced mind,

Be good. Do good. — Swami Sivananda

Let us behold Thee in all these names and forms.  
Let us serve Thee in all these names and forms.  
Let us ever remember Thee.  
Let us ever sing Thy glories.  
Let Thy Name be ever on our lips.  
Let us abide in Thee for ever and ever.

So on completion of education and taking up some profession, vocation, occupation or business or agriculture, students get married and enter into household life. They earn money and meet their day-to-day basic necessities of life such as food, clothing, house, medicines in order to ensure their physical earthly existence. They also get their children admitted in reputed schools, colleges and universities for best quality education, arrange for their marriages with good candidates in socially renowned and economically wealthy families. They make vigorous efforts to earn more and more

money and acquire more and more material assets such as land, bungalow, motor cars, gold ornaments, modern household gadgets, electronic equipments like television, freeze, air conditioner, washing machine, etc. and intend to live a luxurious life. They also go on trying to fulfill their multiple numbers of ever-increasing worldly desires. This is their worldly goal of life. This is known as the secular goal of life.

By achievement of such secular goal, they want to get happiness and peace in life. But human experience since inception of existence shows that such comforts, luxuries, worldly happiness and sensual pleasures do not give lasting happiness and eternal peace in life. While worldly happiness does not last long, it ultimately brings sorrows and sufferings only in life. The hope to get peace remains as a hope only. This is one phenomenon.

Another phenomenon is that all human beings, knowingly or unknowingly, always seek happiness that will last permanently and peace that will be eternal in human life upon this earth plane. But they do not know where to and how to get the same and therefore, they continue to suffer life-long. In this way, they go on earning, eating, enjoying, sleeping and suffering, and one day, they leave this earth plane in utter unhappiness and peacelessness. Thus, they live their precious human life in vain. This has been the phenomenon in human life from the very beginning of human existence; and more so, in the modern times.

But, is there not a higher goal of human life than this secular goal ? Is there not a nobler goal worthy of being achieved by all human beings ? In this connection, a song which is frequently sung by my Spiritual Master His Holiness Shri Swami Sivananda Saraswai, the great, illustrious, world-renowned Saint and the Founder-President of The International Divine Life Society, Rishikesh, India, comes

to my mind. He sings:-

"Is there not a nobler mission than eating,  
 drinking and sleeping ?  
 It is difficult to get a human birth,  
 therefore try to realise this in this birth.  
 Time sweeps away Kings and Barons,  
 where is Judhisthira?  
 Where is Ashoka? Where is Nepolean ?  
 Where is Hitler ?  
 Where is Kalidas, Where is Shakespear ?  
 When your throat is choked at the time of death,  
 who will help you for your salvation ?  
 Be up and doing in yogic sadhana,  
 you will attain eternal peace, infinite bliss.  
 Be up and doing in *Brahma vichara*,  
 you will attain immortality."

Our ancient Indian Culture or *Bharatiya Sanskruti* envisages and provides for attainment of a higher goal of human life, a noble goal, a lofty goal, a worthy goal, a great goal of human life. According to our *Bharatiya Sanskruti*, human life is not meant for mere earning, eating, enjoying, sleeping and suffering and one day, leaving this earth plane in futile. Rather, as our Holy ancient Spiritual Scriptures and our Great Saints and Sages say time and again, human life upon this earth plane is meant for achievement of the higher goal of life. That higher goal is to get liberation of one's individual soul from the bondage of the physical human body and from the cycle of births and deaths once for all. This is called *Moksha* or God-realisation. This is also called attainment of immortality. My Spiritual Master His Holiness Shri Swami Sivananda Saraswai emphatically says time and again that "The Goal of life is God-realisation", and that "Attain this in this present birth itself". This higher goal is

Be good. Do good. — Swami Sivananda

called Spiritual Goal of Human Life. This is the True Goal of Human Life. Achievement of this higher goal of life results in attainment of permanent happiness and eternal peace which every human being seeks to. Accomplishment of this higher goal also results in permanent cessation of sorrows and sufferings in human life. This higher goal of human life ought to be achieved by all human beings in their own interest and for their highest welfare and supreme good.

However, our ancient Indian Culture or *Bharatiya Sanskruti* does not rule out achievement of the worldly goal or secular goal of life, which is necessary for living a reasonably comfortable life upon this earth plane. The only thing which our ancient Indian Culture or *Bharatiya Sanskruti* prescribes is that Spiritual Goal is the primary goal of human life and Secular Goal is the secondary goal only. Therefore, human beings, while achieving the secular goal, ought to simultaneously achieve the spiritual goal. They ought to give topmost priority to achievement of the Spiritual Goal rather than the Secular Goal. Thereby, they can live both an economically prosperous life as well as a spiritually happy and peaceful life upon this earth plane. Thus, they can live their precious human life successfully and ideally.

Blessed students ! Please understand this point well, think over the same calmly, carefully and deeply, and then decide your goals of life accordingly.

I invoke the Choicest Blessings of the Almighty Supreme Lord and all *Rishis, Munis*, Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs upon you to enable you to decide your goals of life rightly and achieve the same successfully.

God bless you all !

(Reproduced from the Book "Value Education for Life Building and Successful Living")



## Precious Human Life and Its Proper Building

Mohan Lal Agrawala

We will discuss the write-up in five parts.

### **The first part is "Precious Human Life and Its Proper Building".**

Dear Friends ! Our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that human birth upon this earth plane is "rare and precious". Why it is so? There are two reasons for the same.

The first reason is that, in this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into divinity, the state of their Creator Himself and get united or merged with the Creator. This is known as *Moksha* or Liberation of the individual Soul from the bondage of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-realisation or God-realisation. On attainment of liberation of the individual soul, the process of evolution gets completed and consequently, the individual soul does not take further rebirth. Such liberation of the individual soul alone bestows everlasting happiness and eternal peace, and liberation of the individual soul alone results in permanent cessation of worldly sorrows, sufferings and miseries in human life. Therefore, human birth upon this earth plane is "precious".

The second reason is like this. As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique

Be good. Do good. — Swami Sivananda

and ideal ancient Indian Culture or *Bharatiya Sanskruti*, liberation of the individual soul from the cycle of births and deaths is the higher purpose or the supreme purpose of human life. For achievement of the said purpose only, but not for the purpose of searching for food, eating, sleeping, procreating, enjoying, suffering, fearing and ultimately meeting with death, like animals, the Creator has gifted this human birth to human beings, that too, after they have taken their innumerable births in 84 lacs species of life, including the life of plants, trees, insects, birds and animals. Therefore, human birth upon this earth plane is "rare".

Thus, human birth upon this earth plane is a "rare and precious" gift of God to human beings.

Our ancient Spiritual Scriptures as well as our *Rishis*, *Munis*, Saints and Sages further say that attainment of liberation of the individual soul, the higher purpose or the supreme purpose of human life, is possible only in human birth and in no other species of life. Because, in birth in all other species of life, the creatures lack adequate degree of intellect; they can not discriminate between right and wrong; they can not choose to take right actions; they can not perform spiritual *sadhana*; and therefore, they can not attain liberation of their individual souls, the higher purpose or the supreme purpose of human life. But, only human beings, amongst all types of creatures, have been endowed with the unique quality of "Intellect". And with the help of their "Intellect", human beings can discriminate between right and wrong; then they can choose to take right actions; they can proceed in the right path of life; they can perform spiritual *sadhana*; and thereby, they can attain liberation of their individual souls from the cycle of births and deaths in their present human birth itself. In this way, they can live their precious human life wisely, purposefully, successfully and ideally, unlike the animals that take their birth and "instinctly" search their

food, eat, sleep, procreate, enjoy, suffer, fear and ultimately meet with their death and thus, live their life purposelessly and sorrowfully.

So, if human beings do not attain liberation of their individual souls in this present rare and precious human birth itself, they lose this unique, golden opportunity of human life. They do not get liberation from the cycle of births and deaths, and they continue to take rebirths innumerable times, life after life, in 84 lacs species of life including the life of plants and trees and insects and animals. And consequently, they continue to get sorrows and sufferings in whatever specie of life they are reborn, because life upon earth plane in any species is full of sorrows, sufferings and miseries.

Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages exhort time and again that human beings should be wise and make their best endeavours to attain *Moksha* or Liberation of the individual Soul from the cycle of births and deaths in their present human birth itself by living what is called the "Spiritual Life". The "Spiritual Life" is vitally necessary, most indispensable and extremely important for human beings and therefore, it should be lived successfully.

While living the "Spiritual Life", human beings live upon this earth plane for some period. For survival of their physical body during such period, they need to simultaneously take to some income generating activity through some profession, vocation, occupation, business, agriculture, etc.; and through such activity, they earn their livelihood in order to meet their basic necessities of life such as food, clothing, housing, medicines, etc. They also make endeavours for achieving economic prosperity and material development and for acquiring properties or assets like cash, gold ornaments, electronic equipments, modern gadgets, motor cars, land, building, etc. for living a reasonably comfortable life for themselves and for

their family members; and for fulfilling their various types of vital physical, biological, psychological and other worldly desires. They also need money and wealth in order to arrange for better education of their children in reputed educational institutions, ceremonious marriages of their sons/daughters with good candidates in socially renowned and economically wealthy families, and to meet their various kinds of social and other requirements befitting their family and their social status, etc. In this way, they make endeavours to live their earthly life comfortably and happily. Such life is called "Secular Life". "Secular Life" is necessary, important and inevitable and is to be lived successfully.

When human beings are to live both "Spiritual Life" and "Secular Life" successfully in their present human birth, one can visualise how great and valuable this precious human life upon this earth plane is !

**The second part is on "Great Goals of Precious Human Life and Their Achievement".**

It would be observed from the first part of this write-up on "Precious Human Life and Its Proper Building" that human beings need to live "Spiritual Life" in order to attain liberation of their individual souls from the cycle of births and deaths which is called Merger/ Union of the individual Soul with the Supreme Soul or Self-realisation or God-realisation or *Moksha*; and that this is the higher purpose or supreme purpose of their precious human life. As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, this higher purpose or the supreme purpose of liberation of individual souls from the cycle of births and deaths or attainment of *Moksha*, is one of the great goals of the rare and precious human life; and that this great goal is the supreme great goal of precious human life.

Achievement of this supreme great goal of precious human life is indispensable for living an ideal, successful, happy and peaceful human life upon this earth plane. Thus liberation of individual souls from the cycle of births and deaths or attainment of *Moksha* is said to be the supreme great goal of precious human life.

It would further be observed from the said address that while living the "Spiritual Life", human beings need to live "Secular Life" also. Human beings need to live the "Secular Life" also for two purposes.

The first purpose of living of "Secular Life" is to earn money and acquire material prosperity in order to meet their basic necessities of life for ensuring their physical existence upon this earth plane and to meet their other personal, family, social and national needs. As stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; this purpose of earning money and acquiring material prosperity, called *Artha*, is another great goal of precious human life. Achievement of this great goal of precious human life is inevitable for living a prosperous and happy human life upon this earth plane from secular point of view.

The second purpose of living of "Secular Life" is that human beings earn money and acquire material prosperity, and with the help of the same, they also fulfill their various vital physical, biological, psychological and other worldly desires. As stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, this purpose of fulfilling their various types of vital worldly desires, called *Kama*, is another great goal of precious human life. Achievement of this great goal of precious

human life is inevitable for living a satisfying, contented, comfortable and happy human life upon this earth plane from secular point of view.

Still there is another purpose of precious human life which we will discuss now. In connection with the above two great goals, i.e. *Artha* and *Kama*, the most important and the most relevant point to be noted is that (i) *Artha* i.e. earning of money and acquiring of material wealth need to be performed by human beings in the ethical ways or righteous way or in accordance with the ethical code of conduct, i.e. by honest and fair means and without causing harm or loss to other beings, as prescribed in our ancient Spiritual Scriptures, so that it does not give them sorrows, sufferings and miseries but, instead, bestow true prosperity, real happiness and peace upon them; and that (ii) *Kama* or the vital physical, biological, mental, emotional and psychological desires of human beings need to be moral, ethical, legitimate and justifiable ones; and that such desires ought to be kept to the minimum, but adequate, for living a reasonably satisfying and comfortable life so that it does not give them sorrows and sufferings but, instead, bestow happiness and peace upon them. That means, both the said great goals, i.e. *Artha* and *Kama*, are to be achieved in accordance with the ethical code of conduct or by following the rules of ethics, which is known as *Dharma* in our ancient Spiritual Scriptures. Therefore, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, adherence to ethical code of conduct or *Dharma* in all actions and all activities in our day-to-day life is another great goal of precious human life. *Dharma* is said to be the first, foremost, fundamental and foundational great goal of precious human life, because it governs both *Artha* and *Kama* and leads to *Moksha*, the other three great goals of precious

human life. Adherence to ethical code of conduct or *Dharma* is indispensable for living an ideal, successful, happy and peaceful human life upon this earth plane.

The above four great goals of precious human life are known in our ancient Spiritual Scriptures as *Moksha*, *Artha*, *Kama* and *Dharma*; and have been placed in the right order as *Dharma*, *Artha*, *Kama* and *Moksha*. These four great goals are called "*Purushartha Chatusthaya*" in our ancient Spiritual Scriptures. Further, our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* regard *Dharma* and *Moksha* as the primary great goals of precious human life, and place *Artha* and *Kama* in the secondary position. Human beings need to achieve all these four great goals of human life so that living of their precious human life upon this earth plane becomes ideal, successful, complete, purposeful, prosperous, happy and peaceful; and thereby, they derive lasting happiness and eternal peace, with permanent cessation of sorrows and sufferings of human life. This is tremendously necessary as well as extremely important.

From the above discussion, one can visualise how great are the above four great goals of the rare and precious human life and how necessary and important it is for human beings to achieve all these four great goals of the rare and precious human life so that they can live their the rare and precious human life upon this earth plane ideally, successfully, completely, purposefully, prosperously, happily and peacefully !

When human life upon this earth plane is so rare and precious, and when human beings need to achieve all the four great goals of ideal human life for living their rare and precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully, one can visualise how important it is to build this rare and precious human life rightly and that too, at the right time of life ! This is tremendously

necessary as well as extremely important.

Now, two questions arise. The first question is, how human beings need to build their rare and precious human life rightly, and the second question is, which is the right time of the rare and precious human life to build the same rightly ?

First, we will discuss the second question, i.e. which is the right time of the rare and precious human life to build the same rightly, in the third part of this writer-up on "Golden Student Life and Youth Period — The Right Period of Building of Human Life". And then, we will discuss the first question, i.e. how human beings need to build their rare and precious human life rightly, in the fourth part of this write-up on "Right Ways of Life Building and Successful Living — A Brief Outline".

**The third part is on "Golden Student Life and Youth Period — the Right Period of Building of the Rare and Precious Human Life".**

Now, we will discuss the second question, i.e. which is the right period of the rare and precious human life to build the same rightly, in this address.

As stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, human life has four stages i.e. student life, household life, retired life and renounced life. Those four stages of human life are stated in our ancient Spiritual Scriptures as *Brahmacharya Ashrama*, *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*.

The rare and precious human life is built during *Brahmacharya Ashrama*, the first part of human life, i.e. the stage of student life and youth period of, say, 20 to 25 years. This is the right time for human beings to build their life rightly. Because this period is the formative stage in the life of human beings. And during this period, human physique is generally



found in a growing state; and human mind remains tender, lies in a highly impressionable state and is very receptive. Therefore, it is very easy for human beings to build their life rightly during this period of human life.

Students can build their rare and precious human life rightly during their *Brahmacharya Ashrama*, i.e. their student life and youth period, by laying the foundation of their life properly and strongly; and by constructing the superstructure of their future life upon the same completely, properly, strongly and nicely. If they can do so, they can live the remaining three parts, which is a long period of their rare and precious life, say, ideally, 75 years, in *Gruhastha Ashrama*, *Vanaprastha Ashrama* and *Sannyasa Ashrama*, ideally, successfully, completely, purposefully, prosperously, happily and peacefully. Thus, the rare and precious human life can be said to be lived ideally.

Hence, this short student life and youth period of, say 20 to 25 years, is the golden period of human life; and is meant and also is most suitable for building of the rare and precious human life.

Therefore, students need to utilise this golden period of human life for building their rare and precious human life rightly. But once this student life and youth period, the golden period, passes away, it will be extremely difficult for students to lay the foundation of their rare and precious human life properly and strongly at a later stage. This can be explained with the help of an example. A potter can give any shape to raw clay, mixed with water, to make various types of earthenware such as pots, cups, bowls, plates, glasses, toys, etc. He can also change the shape of one type of raw earthenware to another type, because at this stage the wet raw clay remains soft and therefore, it is amenable to any kind of change. But once the shaped wet raw earthenware is burnt in the fire, the same becomes hard and not amenable to change and thereafter, the potter can not change

the shape of the burnt and hardened earthenware.

Therefore, students need to utilise this golden student life and youth period of their life most profitably for laying the foundation of their rare and precious human life properly and strongly. But if they do not do so during their golden student life and youth period, they can not lay a proper and strong foundation of their life in the later stage of their rare and precious human life. And also, upon a weak foundation of their life, they may not be able to construct the superstructure of their future rare and precious human life completely, properly, strongly and nicely. Consequently, they may not be able to live their future rare and precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully. In that case, they are most likely to spend the remaining long period of their rare and precious human life of, say, ideally, 75 years, with failures, sorrows, sufferings, miseries, unhappiness and peacelessness. And in the event of such a state of things, they will have to lament and repent throughout their whole long life.

In view of the above, it is extremely important and vitally necessary for students to build their rare and precious human life rightly during their golden student life and youth period, the right period of their life.

Now, the second question is, how students need to build their rare and precious human life rightly during their golden student life and youth period so that they can live their future precious human life ideally, successfully, completely, purposefully, prosperously, happily and peacefully? We will discuss a brief outline of the same in the fourth part of this write-up on "Right Ways of Life Building and Successful Living — A Brief Outline".

**The fourth part is on "Right Ways of Building of Precious Human Life — A Brief Outline".**

Now, we will discuss the first question, i.e. how human

beings need to build their rare and precious human life rightly.

Human beings need to build their precious human life rightly during their golden student life and youth period, the first part of their life of, say, 20 to 25 years, so that they can live the remaining three parts of their rare and precious life, which is a long period of, say, ideally, 75 years, ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. They can build their rare and precious human life rightly by laying the foundation of their life properly and strongly; and by constructing the superstructure of their future life upon the same completely, properly, strongly and nicely. This can be well-understood with the analogy of a house building.

The foundation of a house-building is laid generally with four concrete foundation pillars made with iron rod, stone chips, sand, cement and water. Thereby, the foundation of the house-building becomes proper and strong; and upon such a well-laid foundation, the superstructure of the house-building can be constructed completely, properly, strongly and nicely. Similarly, the foundation of human life needs to be laid with four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. Thereby, the foundation of human life becomes proper and strong; and upon such a well-laid foundation, the superstructure of the human life can be constructed completely, properly, strongly and nicely.

The superstructure of a house building is constructed with four essential facilities, viz. bath room, kitchen, bed room and *puja* room or prayer room. With these facilities, the superstructure of a house-building becomes complete, proper, strong and nice; and human beings can live therein smoothly, comfortably, happily and peacefully. Similarly, the superstructure of human life is constructed with achievement

of four grand goals of ideal human life, viz. adherence to righteousness or *dharma*, achievement of economic prosperity or *artha*, fulfillment of vital worldly desires or *kama* and attainment of spiritual illumination for liberation of soul from the cycle of births and deaths or *moksha*. These four grand goals are called ethical value, economic value, vital value and spiritual value. These are the four grand goals according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. These four grand goals have been prescribed in our ancient Spiritual Scriptures with a view that living of the rare and precious human life upon the earth plane becomes ideal, complete, successful, purposeful, prosperous, happy and peaceful. With achievement of these four grand goals, the superstructure of the rare and precious human life becomes complete, proper, strong and nice; and human beings can live their rare and precious life upon the earth plane ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

If a house building is built rightly in the above manner, human beings can live their entire future life in that building smoothly, comfortably, happily and peacefully. Similarly, during the golden student life and youth period, the first part of human life, if human beings build their rare and precious life rightly in the manner stated above, they can live the remaining three parts of their rare and precious human life, which is a long period of their life of, say, 75 years, successfully and ideally, i.e. economically and materially prosperously as well as spiritually happily and peacefully. In other words, they can live their rare and precious human life successfully, completely, purposefully, prosperously, happily and peacefully. Thus, the rare and precious human life upon the earth plane can be said to be lived ideally.

©This is a brief outline of the manner in which human beings need to build their rare and precious human life rightly.

**The fifth part is on "Need to acquire knowledge on the subject of "Life-building, Character-building and Man-making Education"**

Students need to acquire knowledge on the subject of "Life Building and Successful Living", or, in short, "Life Building Science", apart from acquiring knowledge on various secular subjects, in their schools, colleges and universities, through "Life-building, Character-building and Man-making Education". Such education comprises teachings mainly on moral values, ethical values, religious values and spiritual values and therefore, such education is also called "Value Education" in the modern time. Acquiring knowledge about this subject by students during their golden student life and youth period is vitally necessary, extremely important and most worthwhile.

After acquiring such knowledge, they can practise the knowledge so gained in their daily life and build their life rightly, i.e. completely, properly, strongly and nicely. Thereby, they can live their rare and precious human life ideally and successfully i.e. economically and materially prosperously as well as spiritually happily and peacefully.

What is "Life-building, Character-building and Man-making Education" or "Value Education" ? We will discuss the same in the next write-up.



- Foundation is
- Number of Found
- Foundation must

Four Facilities are necessary in the h for Happy Living & Peaceful Living

## HOUSE BUILDING

(A very costly life-time property)

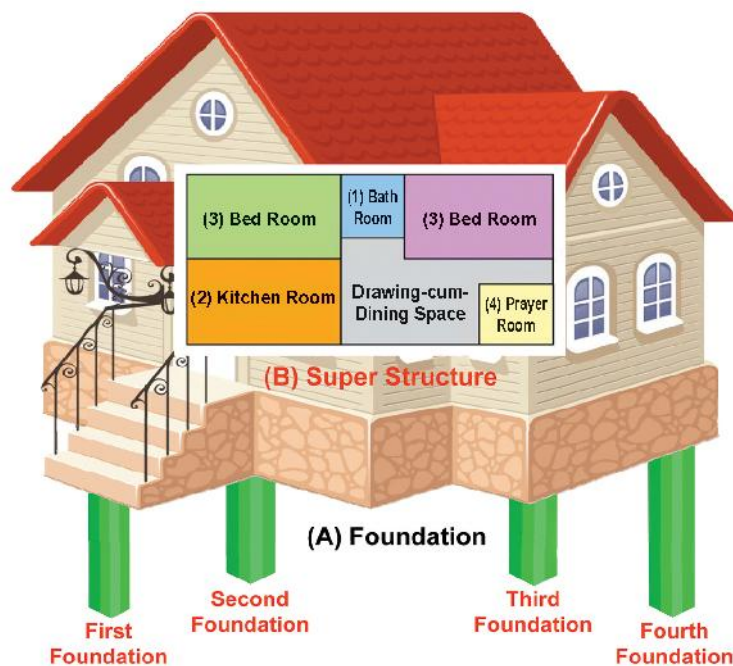
Purpose of the House : Happy Living and Peaceful Living



Construction  
Period : 01 Year

Longevity : 60 – 70 Years

Construction – Two Parts – (A) Foundation (B) Super Structure



### (A) Foundation

- |                                |             |
|--------------------------------|-------------|
| ▪ Foundation is                | “Necessary” |
| ▪ Number of Foundation must be | “Four”      |
| ▪ Foundation must be           | “Strong”    |

### (B) Super Structure

Four Facilities are  
necessary in the house  
for Happy Living &  
Peaceful Living

1. Bath Room
2. Kitchen Room
3. Bed Room
4. Prayer Room

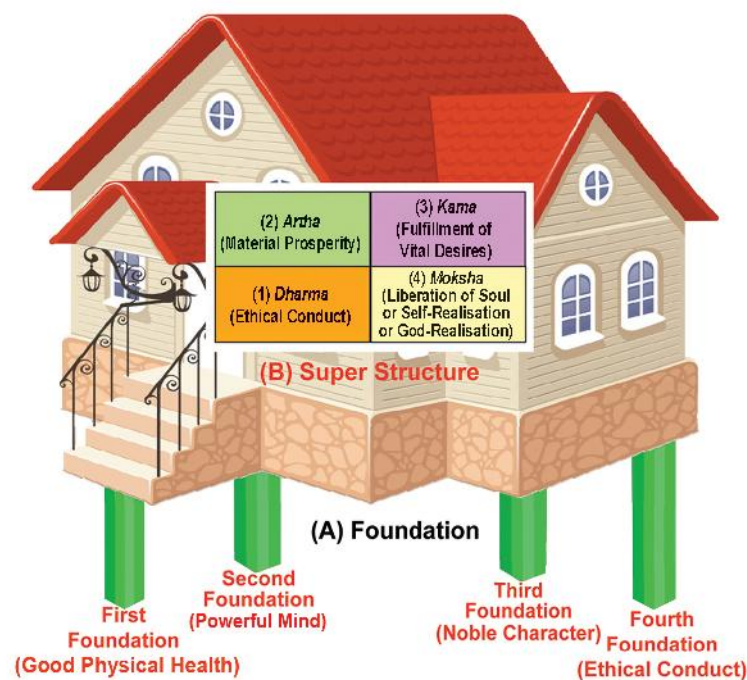
## HUMAN LIFE

(A rare and precious Gift of God)

Purpose of the Human Life : Happy Living and Peaceful Living



Human Life – Two Periods – (A) Life Building    (B) Life Living



### (A) Foundation

- |                                |             |
|--------------------------------|-------------|
| ▪ Foundation is                | “Necessary” |
| ▪ Number of Foundation must be | “Four”      |
| ▪ Foundation must be           | “Strong”    |

### (B) Super Structure

- |  |  |
|--|--|
| <p>Four Goals of Human Life are prescribed for Happy Living and Peaceful Living*</p> | <ol style="list-style-type: none"> <li>1. <i>Dharma</i> (Ethical Conduct)</li> <li>2. <i>Artha</i> (Material Prosperity)</li> <li>3. <i>Kama</i> (Fulfillment of Vital Desires)</li> <li>4. <i>Moksha</i> (Liberation of Soul)*</li> </ol> |
|--|--|

\* According to our great, glorious, lofty, unique and ideal ancient spiritual culture.



### Four Foundations of a House Building

First Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.
Second Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.
Third Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.
Fourth Foundation	Concrete Column	Concrete column with iron rod, stone chips, sand, cement and water.

### Four Foundations of Human Life

First Foundation	Good Physical Health	Physical Exercises, Asana, Pranayam, Good Food, Pure Water, Fresh Air, Sleep, Rest, Relaxation, Celibacy, etc.
Second Foundation	Powerful Mind	Thought Culture, Memory Culture, Will Culture, Practice of Concentration, Meditation, etc.
Third Foundation	Noble Character or <i>Satcharitra</i>	<p>- Cultivation of good qualities like Truth, Non-violence, Purity, Honesty, Selflessness, Friendliness, Love, Compassion, Forgiveness, Tolerance, Optimism, etc.; and</p> <p>- Eradication of bad qualities like Anger, Greed, Selfishness, Jealousy, Arrogance, Fear, Pessimism, etc.</p>
Fourth Foundation	Ethical Conduct or <i>Sadachar</i>	<i>Sadachar</i> or Performing Moral & Ethical Actions/ Righteous Actions/ Virtuous Actions.



### Four Facilities are necessary in a House Building For Happy Living and Peaceful Living

First Facility	Bath Room for Bathing facility	For purity and refreshment of the physical body.
Second Facility	Kitchen Room for Food facility	For satisfaction of appetite of the physical body.
Third Facility	Bed Room for Sleeping facility	For rest and re-energisation of the physical body.
Fourth Facility	Prayer or Puja Room for Prayer facility	For deriving peace of mind.

### Four Grand Goals of Ideal Human Life are necessary For Happy Living and Peaceful Living (According to our great, glorious, lofty, unique and ideal ancient spiritual culture)

First Grand Goal	<b>Dharma</b>	<p>-- Dharma etymologically means that holds this world, or the people of this world.</p> <p>-- Manusmriti says - "Steadfastness, forbearance, self-restraint, non-stealing, purity, control over sense-organs, intellect, self-knowledge, truthfulness and absence of anger - these ten qualities are the characteristics of Dharma"</p> <p>-- Rishi Kanada is said to have given the best definition of Dharma as "That which leads to the attainment of Abhyudaya (Prosperity in this world) and Nihisreyasa (Total cessation of pain and attainment of eternal bliss hereafter) is <i>Dharma</i>".</p> <p>-- Swami Sivananda says "Dharma is generally defined as "Righteousness" or "Duty". Dharma is the principle of righteousness."</p> <p>-- This is the Foundational Grand Goal of ideal human life.</p>
Second Grand Goal	<b>Artha</b>	-- Acquiring of "Material Prosperity" in ethical ways or righteous ways for daily livelihood and survival of the physical body.
Third Grand Goal	<b>Kama</b>	-- Fulfillment of vital and legitimate physical, biological, psychological and other worldly desires.
Fourth Grand Goal	<b>Moksha</b>	<p>-- Liberation of the Soul or Self-realisation or God-realisation for the purpose of deriving lasting happiness and eternal peace in human life.</p> <p>-- This is the Supreme Grand Goal of ideal Human Life.</p>

**Value education (Life-building, Character-building and Man-making Education or Moral, Ethical, Religious and Spiritual Education or Value education ) — Its Burning Necessity in the life of the Modern Students**

Mohan Lal Agrawala

**Meaning**

What is "Value Education" ? Value Education consists of two words, i.e. value and education.

Education, as we generally understand, means imparting of teachings by Teachers on various subjects of study and learning of the same by students in the centres of learning.

Value generally means worth of a thing. Value in human life means some principle, quality or virtue which a human being believes and for which he has firm conviction to be worthy of possession and good for application and which he expresses in the day-to-day conduct in his life in all circumstances.

Values such as truth, non-violence, self-control, purity, love, compassion, nobility, benevolence, tolerance, generosity, forgiveness, selflessness, friendliness, fellowship, brotherhood, doing good to others or *paropakara*, etc. are basic human values, universal in nature and common for all human beings of the world irrespective of their caste, creed, cult, sect, colour, gender, faith, belief, religion, nationality, etc. These values are worthy of possession, good for application and ideal for expression in the day-to-day conduct by all human beings upon this earth plane.

Thus, "Value Education" means imparting of teachings to students on various kinds of values, including moral value, ethical value, religious value and spiritual value, in different

spheres of activities in human life with a view to enabling them to learn, understand, appreciate, believe, accept and apply those values in the day-to-day conduct in their lives for their good.

The major sources of the above values are moral science, ethics, religion and spiritual science. Hence, "Moral Education, Ethical Education, Religious Education and Spiritual Education" are called "Value Education".

Now let us discuss the simple meaning of moral education, ethical education, religious education and spiritual education.

Moral and ethical education relates to imparting of teachings to students on moral and ethical qualities or values in life such as truth, non-violence, self-control, celibacy, internal and external purity, honesty, austerity, non-stealing, non-covetousness, and other prescribed code of conduct or righteous actions or virtuous actions or moral and ethical actions.

Religious education, in this context, means imparting of academic or intellectual or theoretical knowledge or teachings to the students on different religions of the world covering, inter alia, (i) the correct meaning of religion, (ii) the necessity, importance and benefits of religion in human life, (iii) the brief outlines of various religions, the philosophies and teachings of various religions in brief, (iv) the fundamental principles or tenets of various religions, (v) the true concept of religion, (v) the essentials or the internal aspects of all religions which include moral and ethical qualities or values such as truth, non-violence, purity, love, compassion, nobility, benevolence, generosity, forgiveness, selflessness, friendliness, fellowship, brotherhood, doing good to others or *paropakara*, etc. which are universal human qualities and are common to all human beings and all

religions of the world at all periods of time and (vi) unity of religions.

However, religious education, for the present, should not include "Religious instructions" i.e. teachings on the non-essentials or the external aspects of different religions such as the methods of worship of God, rites, rituals, sacrifices, observances, ceremonies, festivals, customs, traditions, etc., which are different in different religions and which have been prescribed with a view to suiting to different sections of people of the world having different tastes, temperaments and needs in different geographical locations, historical times, etc. Because, imparting of teachings on such religious instructions or the non-essentials or the external aspects of different religions may lead to misunderstanding, discord, disharmony, quarrels, restlessness, etc. amongst the followers of different religions in the society, nation and world, due to lack of correct interpretation, right understanding, unanimous views, conclusions and acceptance of the same at the present time. Further, religious education should be non-sectarian in view of prevalence of multiple religions and multiple religious sects or sub-groups in our country. Religious education should also be non-dogmatic and non-bigotry.

Spiritual education relates to the Science of the Self or Soul or *Atman*. It is called *Atma Jnana*. It also relates to *Brahma*, the *Paramatman* or the Supreme Soul or the God. Therefore, it is also called *Brahma Jnana*. It imparts teachings or knowledge to students on various paths for achievement of the higher purpose of human life upon this earth plane i.e. attainment of Liberation of the individual Soul or *Atman* from the cycle of births and deaths or Union of the individual Soul or *Atman* with the Supreme Soul or God or *Paramatman* or *Brahma*, or Self-realisation or God-realisation or *Moksha*, attainment of the state of Perfection, the state of Divinity.

Such paths include different kinds of Yoga such as *Karma* Yoga, *Bhakti* Yoga, *Raja* Yoga, *Jnana* Yoga, Vedanta, meditation, prayer, etc.

"Value Education" is "Life-building, Character-building and Man-making Education", because it imparts teachings to students on:-

(i) how to build their rare and precious human lives rightly during their golden student life and youth period, the right period in their lives, by (a) laying life's foundation properly and strongly with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and (b) constructing life's superstructure completely, properly, strongly and nicely by achieving four great goals of ideal human life according to our great and glorious Indian Culture or *Bharatiya Sanskruti*, viz. achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness in life's daily activities and attainment of spiritual illumination for liberation of the individual souls from the cycle of births and deaths, called Self-realisation or God-realisation (*Moksha*),

(ii) how to build their character by (a) cultivation of (i) student-like good qualities such as obedience, humility, respectfulness, love (*shraddha*), devotion (*bhakti*), faith (*bishwas*), friendliness, self-control, discipline, faith in oneself, self confidence, courage, patience, fortitude, optimism, encouragement, hard-working nature, etc. and (ii) human-like good qualities such as truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism, etc.; by (b) eradication of bad qualities like lust, anger, greed, selfishness, hatred, jealousy, arrogance, fear, timidity, pessimism, etc.; and

(iii) how to make them as "Real Human Beings" by (a)

eradication of their animal instincts, i.e. lust, anger, greed, infatuation, pride, jealousy, selfishness, etc. (b) development of noble and human qualities, such as, non-violence, selflessness, tolerance, courage, goodwill, fellowship, brotherhood, doing good to others or *paropakara*, etc., and (c) unfoldment of their dormant divine qualities, such as, truthfulness, love, purity, compassion, forgiveness, etc.

"Value Education" can also be defined from the cultural point of view. According to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, there are four great goals or *purushartha chatustaya* of ideal human life. Those are *Dharma* or Righteousness, *Artha* or Economic Prosperity, *Kama* or Vital Worldly Desires and *Moksha* or Liberation of the individual soul from the bondage of births and deaths. Those four great goals are called Ethical Value, Economic Value, Vital Value and Spiritual Value. That education which imparts teachings on all those four Values is called "Value Education". In other words, "Value Education" imparts teachings on all the four great goals of ideal human life according to our our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*.

"Value Education" or "Life-building, Character-building and Man-making Education" is the "Real Education".

### **Sayings in our Ancient Spiritual Scriptures and Views of our Modern Saints and Sages**

In this context, it is most worthwhile to note some sayings in our ancient Spiritual Scriptures, and some views of our *Rishis*, *Munis*, Saints and Sages on some aspects of education system of our country.

#### **Sayings in our ancient Spiritual Scriptures**

*Mundaka Upanishad* (1.1.4) says: "There are two kinds

of knowledge to be known — thus say the knowers of *Brahman*. They are the *Para Vidya* or the superior or higher knowledge and the *Apara Vidya* or the inferior or lower knowledge." — ("द्वे बिद्वे वेदितव्य परा चैवापरा च" — (मुण्डकोपनिषद - १.१.४).)

*Para vidya* means Knowledge of the Self or *Atma Vidya*. It is Science of the Self or *Atma*. It imparts knowledge regarding liberation of the individual Soul or *Atman* from the cycle of births and deaths and its union or merger with the Supreme Soul or the *Paramatma* or the *Brahma*. This *vidya* or knowledge is also called *Brahma Vidya* as it relates to attainment of the *Brahma*, the Supreme Soul, by the individual Soul. *Para vidya* gives spiritual freedom. It results in "Happy and Peaceful Living". *Para vidya* relates to the spiritual aspect of human life and is called Spiritual education or *Aadhyatma vidya*. *Para vidya* is called the higher *vidya*. It is the Supreme knowledge.

*Apara vidya* imparts knowledge regarding earning of money and achievement of material prosperity and fulfillment of vital worldly desires. It gives economic freedom. It leads to "Material Prosperity" and results in "Comfortable Worldly Living". It relates to the secular aspect of human life and is called Secular education. *Apara vidya* is called the lesser *vidya*. It is the Ordinary knowledge.

*Para vidya* or Spiritual education and *Apara vidya* or Secular education are complementary as both are necessary for living a complete, prosperous, purposeful, happy, peaceful successful and ideal human life. And both spiritual education and secular education, combined together, constitute the "Right Education".

*Vishnu Purana* (1.19.41) says: "Knowledge is that which liberates" — (श्री विष्णु पुराण, १.१९.४१: "सा विद्या या विमुक्तये"). It means "That *vidya* or knowledge which liberates the learner

is true *vidya* or true knowledge". This true *vidya* or true knowledge means *aadhyatma vidya* or spiritual knowledge and it teaches the learner how to get liberation of his individual soul from the cycle of births and deaths. It relates to the spiritual aspect of human life and is called Spiritual education.

In the *Bhagavad Gita*, (Chapter - 10, verse - 32), *Lord Krishna* says : "Among the sciences I am the Science of the Self" ("अध्यात्मविद्या विद्यानां") — (श्रीमद् भगवद् गीता, अध्याय - १०, श्लोक - ३२). It means that *Adhyatma Vidya* or the Science of the Self is supreme amongst all types of sciences. It relates to the spiritual aspect of human life and is called Spiritual science or Spiritual education.

**Views of the world famous Saint Swami Vivekananda, the world famous Politician and Statesman as well as a Mahatma, the Father of our Nation Mahatma Gandhi and the world famous Saint Swami Sivananda**

### **Views on Education**

**About "Education" Swami Vivekananda says that:-**

"Education is the manifestation of the perfection already in man."

"Education is not the amount of information that is put into your brain and runs riot there, undigested, all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education than any man who has got by heart a whole library. ... If education is identical with information, the libraries are the greatest sages in the world, and encyclopaedias are the rishis."



**About "Education" Mahatma Gandhi says that:-**

"By education I mean an all-round drawing out of the best in child and man -- body, mind and spirit."

".....Man is neither mere intellect, nor the gross animal body, nor the heart or soul alone. A proper and harmonious combination of all the three is required for the making of the whole man, and constitutes the true economics of education. ...."

**About "Education" Swami Sivananda says that:-**

"Education is the manifestation of the divinity in man."

"Education is the training in the art of living."

"That education which makes you tread the path of truth and righteousness, which moulds your character, which helps you to attain freedom, perfection and knowledge of the Self and, at the same time, enables you to eke out an honest living, can be called true education."

**Views on Spiritual Education****About "Spiritual Education"****Swami Vivekananda says that:-**

"Religion is 'the manifestation of the divinity already in man'."

"Every improvement in India requires first of all an upheaval in religion. Before flooding the land with socialistic or political ideas, first deluge the land with spiritual ideas. If you attempt to get secular knowledge without religion, I tell you plainly, vain is your attempt in India; it will never have a hold on the people."

"We must have a hold on the spiritual and secular education of the nation. ... You must dream it, you must talk it, you must think it, and you must work it out. Till then there is no salvation for the race."

**About "Spiritual Education"****Mahatma Gandhi says that:-**

Be good. Do good. — Swami Sivananda

"If India is not to declare spiritual bankruptcy, religious instruction of its youth must be held to be at least as necessary as secular instruction."

"WITHOUT a national system of education, all our efforts must prove futile. .... Whenever we get Swaraj-raj -- to-day or after some time, it has to be remembered that it will not last long without national education."

### **About "Spiritual Education"**

#### **Swami Sivananda says that:-**

"True education must teach not merely some means of earning livelihood, tenets of citizenship, etc., but it must develop moral and spiritual qualities of the student."

"Education must aim at forming a spiritual attitude towards life. Spirituality does not hinder material progress. It buttresses, in fact, material interests. The real advancement and well-being of every society and nation depend upon the right kind of educational basis."

"If an educational system is to be morally effective, it must rest on a spiritual foundation. If this is assured, then science and technology will best serve the interests of mankind. Lop-sided emphasis either on humanities or science alone will not serve the interests of the country. Science is not Godless. Science alone cannot ensure peace and harmony. Humanities alone cannot cure the ills of poverty or safeguard the freedom of the country. There should be a synthetic development of the both."

### **Necessity of Education**

In this universe, every thing is changing and going through a process of evolution. The lowest of the creation i.e. the inanimate stones and mountains evolve into fertile soil. Fertile soils sustain and evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation.

Then the turn comes for human beings to evolve and transform themselves into Divinity, which is the state of their Creator Himself, and thereby, to merge themselves with the Creator or God. With this, the process of evolution gets completed. Attainment of the state of Divinity, which is also known as Union of the individual Soul with the Supreme Soul or Liberation of the Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, is the Supreme Grand Goal of Aspiration of Ideal Human Life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints, Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Attainment of such state is possible only in human life amongst all kinds of living beings upon this earth plane but in no other species of life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints, Sages and the Great Ones say that human life upon the earth plane is a rare and precious gift of God, created with the higher purpose of enabling the human beings to attain the state of Divinity. They further say that attainment of such state only bestows permanent happiness, eternal peace and spiritual bliss in human life; and attainment of such state alone results in permanent cessation of worldly sorrows, sufferings, pains and miseries in human life. Therefore, they say that human life ought to be utilised most gainfully for the purpose of attainment of the state of Divinity. When the state of Divinity is attained, and permanent happiness and eternal peace are derived; life is said to be successfully lived, completely lived, purposefully lived, truly lived, worthily lived, happily lived, peacefully lived. Then only human life is said to be ideally lived. Thus only, this rare and precious gift of human birth given to us by God is wisely and gainfully utilised.

Further, human beings have a mixture of animal instincts, human qualities and divine faculties. In the process of their evolution, they need to transform themselves into divinity, into perfection, by shedding their animal instincts like lust, anger, greed, fear, hatred, pride, jealousy, selfishness; developing moral and ethical values and human qualities like non-violence, selflessness, tolerance, courage, goodwill, friendliness, fellowship, brotherhood, doing good to others or *paropakara*, etc.; and unfolding their latent divine faculties like truthfulness, love, purity, compassion, forgiveness etc.,. Thereby, they can make endeavours to attain Self-realisation or God-realisation, the state of Divinity, the state of Perfection.

Learning of the knowledge about (i) the method of attainment of the state of Divinity, known as Union of the individual Soul with the Supreme Soul or Liberation of individual Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, which is the Supreme Grand Goal of Aspiration of Ideal Human Life, as stated in our ancient Spiritual Scriptures, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; and (ii) the method of transformation of human beings into the state of Divinity, as stated in the above two paragraphs, requires knowledge to be derived through education. Thus is the necessity of education for human beings.

Further, God has endowed human beings, the crown of His creation, with a special faculty i.e. the power of intellect. This power of intellect enables the human beings to think and discriminate between right and wrong. God has also granted complete independence to human beings in the spheres of their thinking and actions. With such independence, human beings can choose between right and wrong and then think, decide and

act accordingly. Right action yields good results leading to happiness and peace in their life and wrong action brings in bad consequences resulting in pains, miseries, sorrows and unrest in their life. This happens according to the inexorable Law of Action or *Karma* i.e. "As you sow, so shall you reap". Therefore, it is necessary for human beings to use the power of intellect, the power of discrimination and to know what is right and what is wrong, for their good.

Learning of the knowledge about the science of actions, and the knowledge about discriminating between what is right and what is wrong and then to choose to take right action as stated above also requires education for human beings. Thus is also the necessity of education for human beings.

Acquiring knowledge for the above two purposes constitutes the primary necessity of education for human beings. Education for these two purposes is the true education or the real education. Such education can be acquired in the form of life-building, character-building and man-making education or moral, ethical, religious and spiritual education. Moral, ethical, religious and spiritual education is called Value Education in the modern time as discussed above. Such education, which was imparted in *Gurukulas* and *Rishikulas* in ancient time, is presently not being imparted in modern schools, colleges and universities of our country.

Simultaneous with the process of their transformation, human beings have to live in this earth plane for some period. During their life span upon this earth plane, they need to survive by maintaining their physical body. For survival of their physical body as well as to meet their individual, family and social needs of secular nature, they need to earn money by taking to some income-generating activities. Learning of how to earn money through such activities also requires knowledge. For acquiring such knowledge also, human beings need education. Acquiring

knowledge for this purpose constitutes the secondary necessity of education for human beings. Education for this purpose is called the secular education. Such education only is being imparted in modern schools, colleges and universities of our country.

This, in short, is the necessity of education for human beings.

Without education, human beings, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints and Sages*, live a life similar to that of the animal i.e. taking birth, searching for food, eating, sleeping, procreating, enjoying, fearing, suffering and one day, meeting with death. By living such an animal life, human birth, the rare and precious gift of God, is wasted and the higher purpose of human life is not achieved. Therefore, education is a basic necessity of human beings like food, clothing, house, medicine, etc. and is most vital in human life.

### **Importance of "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education"**

#### **Importance from individual point of view**

“Value education” or “Moral, Ethical, Religious and Spiritual education” or “Life-building, Character-building and Man-making education” of human beings is the foundation upon which the superstructure of their successful life is built and upon which it rests. If the foundation is weak or deficient, the whole superstructure, howsoever strongly and nicely built, is bound to fall down or collapse, leading to destruction and loss. If the foundation is strong and is laid properly, the superstructure built upon it will stand strong and last long. In the same way, deficient education (i.e.

secular education only without value education) will “mar” the life of human beings; and right education (i.e. both secular education and value education) will “make” their life. Deficient education may lead to temporary material prosperity and worldly pleasures but can not bring in permanent happiness, eternal peace and spiritual bliss in the personal life of human beings. Instead, it will lead to a life of miseries, diseases, sorrows, sufferings, negativity, scepticism, insecurity, fear, cares, anxieties, depression, unrest, etc. As a result, the rare and precious human life upon the earth plane will be lived in vain i.e. the higher purpose of human life i.e. Union of the individual Soul with the Supreme Soul or Liberation of the individual Soul from the cycle of births and deaths or Self-realisation or God-realisation or *Moksha*, which is the Supreme Grand Object of Aspiration or Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, can not be achieved. Consequently, lasting happiness and eternal peace can not be derived and there will not be permanent cessation of worldly sorrows, sufferings, pains and miseries in human life. On the other hand, "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" will not only guide human beings regarding acquiring of true material prosperity in the rightful manner and fulfillment of legitimate vital worldly desires but also enlighten them on the path of religion and spirituality for achievement of the said higher purpose of human life. On achievement of the said higher purpose of human life, there will be lasting happiness and eternal peace; and permanent cessation of worldly sorrows, sufferings, pains

and miseries in their personal life. In addition to this, it will also lead to true prosperity as well as real happiness and eternal peace in their domestic life, social life and national life. Therefore, "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" is more important for human beings.

Further, "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" is more important than even the other basic necessities of human life such as food, clothing, house, medicine etc. Because, if the latter are not available to a human being, his physical health only will suffer or in the worst case, he may die. But if "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" is not made available, he may remain physically alive and well, but morality, ethics, character, humanity, nobility, religion and spirituality in him will die; he will live an animal-like life full of sorrows, sufferings, pains and miseries only; he will invite degeneration, downfall, destruction and loss in his personal life and thus, his precious human life will be lived in vain. Therefore, "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" is more important, rather most important and most vital for human beings.

### **Importance from national point of view**

"Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" is more important than the other basic necessities of life like food, clothing, house, medicine etc. for a nation also. Because, a nation is said to be built more



with its people, its living beings, than with its inanimate vast geographical area, enormous economic development, abundant material prosperity, vast scientific inventions, great technological advancements, huge military powers, etc. Because, the people of a nation, who have built their lives rightly and empowered themselves profoundly with good physical health, powerful mind, noble character and ethical conduct during their student life and youth period, only can contribute significantly and work constructively towards the development, progress, prosperity, peace and welfare of a nation in all fields of activities. And the people of a nation or the citizens of a nation (more particularly, the students, the future citizens of a nation), who have been imparted right education, i.e. "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education", during their student life and youth period in schools, colleges and universities, only can build their lives rightly in the said manner; and such rightly-educated people only can build a nation rightly and make the nation great. Therefore, it is said that "Student Building leads to Nation Building" or "Nation Building comes through Student Building" or "Nation Building depends on Student Building".

Further, if the basic necessities of life such as food, clothing, house, medicine etc. are not made available to the people of a nation, the people of one generation only will suffer physically or even die. But if a nation can not make "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" available to its people, the people may remain physically alive; achieve great economic development and abundant material prosperity; make vast scientific inventions and great technological advancements; and enjoy

huge comforts and enormous luxuries, but morality and ethics; character and humanity; religion and spirituality; patriotism and loyalty to the nation in them will die; the people will get degenerate, there will be downfall, unrest, violence, destruction and loss in the life of the people and in the life of the nation. Thus, the nation will die, its culture will die. The degeneration will also have similar adverse effects on cumulative basis on the people of a nation, generation after generation, and thus, the civilization of a nation will also die.

In view of the above, "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" is more important, rather most important and most vital, for a nation also.

### **Ancient Education**

In ancient time, educational centres known as *Gurukulas*, *Rishikulas* were imparting to students "Life-building, Character-building and Man-making Education" or "Moral, Ethical, Religious and Spiritual Education", called "Value Education" in modern time; and also "Secular Education" such as languages, mathematics, economics, political science, social science, medical science, architecture, fine arts, sculpture, weaponry, etc. The purpose of education was life-building, character-building, man-making and self-development.

Consequently, the ancient students could know the right goals and the right path of their life. They were proceeding in that path and were able to build their life rightly by laying a proper and strong foundation of life and by constructing thereupon a complete, proper, strong and nice superstructure of life. They were achieving all-round

developments of their physical body, mind, intellect, heart and soul. Overall, they were living an ideal student life. Further, they were able to build themselves adequately to stand on their own legs and earn their livelihood independently. They were also able to face the challenges and difficulties of real work-a-day life and to keep on proceeding forward optimistically and patiently amidst unfavourable circumstances and adverse situations.

They were also developing themselves as good human beings; and were adhering to righteousness and practising spirituality in their day-to-day life. They were living their precious life in accordance with our Indian Culture or *Bharatiya Sanskruti* and endeavouring to achieve the higher purpose of precious human life i.e. Liberation of the individual Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*, as stated in our ancient Spiritual Scriptures; and thereby, they were living their rare and precious life with lasting happiness and eternal peace; without worldly sorrows and sufferings. Thus, their future life was ideal, successful, complete, purposeful, prosperous, happy and peaceful.

### **Modern Education**

But in modern time, the ancient system of education was reportedly replaced\* by the western system of education by the Britishers during their more than 200 years of rule over our country with ulterior motive to "break the very backbone of our nation, which is our spiritual and cultural

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\*This is very much clear from the following excerpt from the reported speech of Thomas Babington Macaulay delivered by him in the British House of Commons on the 02<sup>nd</sup> February 1835 when there was British rule in our motherland:-

"I have travelled the length and breadth of India and I have not seen one person who is a beggar, who is a thief. Such wealth I have seen in this country, such high moral values, people of such caliber that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and great than their own, they will lose their self esteem, their native cultures and they will become what we want them a truly dominated nation."

Mr. Macaulay had also reportedly said "We must do our best to form a class who may be interpreters between us and the millions whom we govern, a class of persons Indian in blood and colour, but English in taste, in opinions, words and intellect."

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heritage" and in order to keep our nation as a "truly dominated" one.

Consequently, our schools, colleges and universities teach our students only secular education, that too on western pattern. There is no provision for imparting of "Life-building, Character-building and Man-making Education" or "Moral, Ethical, Religious and Spiritual Education", called "Value Education" in modern time, completely and permanently.

As a result, our modern students are deprived of the same. They are not imparted teachings on the right goals and the right path of human life; and on the manner of building their life rightly and living the same successfully. They have become victims of such situation and many of them proceed in the wrong path of life. Consequently, the foundation of their life becomes weak with poor physical health, weak mind, non-observance of celibacy, pitiful/not-so-noble character and undesirable/not-so-ethical conduct. They are unable to achieve all-round development of their physical body, mind, intellect, heart and soul. They are unable to bring out the best in them.

Overall, they are not able to live an ideal student life like the ancient students. Further, they are unable to build themselves adequately to stand on their own legs and earn their livelihood independently. They are also unable to face the challenges and difficulties of real work-a-day life and to proceed forward optimistically and patiently amidst unfavourable circumstances and adverse situations. They are also not able to develop themselves as good human beings when compared with the ancient students.

Further, they are devoid of knowledge about our great ancient Indian Culture or *Bharatiya Sanskruti*, and about the *parama lakhya* or the supreme goal of human life, *dharma* or religion, *adhyatma* or spirituality. Consequently, they do not adhere to righteousness and moral and ethical values and do not practise spirituality in their life. In stead, they live their future household life in a predominantly materialistic pattern with enormous worldly enjoyments and abundant sensual pleasures. Thereby, their future life is spent in sorrows, sufferings, miseries and failures, without achievement of the higher purpose of human life i.e. Liberation of the individual Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*. (Achievement of this higher purpose is the supreme grand goal of ideal human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Achievement of this grand goal alone bestows lasting happiness and eternal peace; and results in permanent cessation of worldly sorrows and sufferings in human life). Thus, our modern students are unable to live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life. Consequently, they are undergoing catastrophic conditions and are suffering from

irreparable damages and incurring permanent losses in their lives.

The adverse effects of the faulty/ deficient modern education system have also been befalling on our elderly persons, our teachers and professors, our family, our society, our culture and our nation.

**Necessity for restoration of “Life-building, Character-building and Man-making Education” or “Moral, Ethical, Religious and Spiritual Education,” called “Value Education” in modern time, in the schools, colleges and universities of our country**

In this context, it is most important to note here that students can learn how to build their character and how to perform ethical conduct by acquiring moral and ethical education. Also, they can learn how to live religious and spiritual life by acquiring knowledge about *dharmā* or religion and *adhyatma* or spirituality through religious education and spiritual education. But imparting of “Moral, Ethical, Religious and Spiritual Education,” which was there in educational centres known as *Gurukulas*, *Rishikulas* in ancient time, has not yet been restored completely and permanently in modern schools, colleges and universities of our country. The reason for the same could be that imparting of such types of education, more particularly “Religious Education”, is considered by many in modern time as anti-secular and also violative of the provisions of the Article 28 of the Constitution of India.

In this connection, it is to be noted that all high level Commissions and Committees constituted in our country since independence in 1947 such as the Radhakrishnan Commission (1948-49), Kothari Commission (1964-66), National Policy on Education (1986), Ramamurti Committee (1990), Central Advisory Board of Education (CABE) Committee on Policy

(1992), Planning Commission Core Group on Value Orientation of Education (1992), S.B. Chavan Committee (1996-99) have spoken about the necessity of and given their recommendations for restoration of “Moral, Ethical, Religious and Spiritual Education” in all schools, colleges and universities of our country.

Further, in W.P.(C) No. 98 of 2002 in the case of Ms. Aruna Roy and Others vrs. Union of India and Others, the Hon'ble Supreme Court of India have also observed that introduction of study of religions (or religious education), as distinguished from religious instructions, in educational institutions of our country, wholly maintained out of State funds, (a) is not anti-secular and also (b) is not violative of the provisions of the Article 28 of the Constitution of India (which prohibits imparting of religious instructions in any educational institution wholly maintained out of State funds); rather such education is necessary in the life of the children to grow as good human beings and in the life of the people to control their wild animal instincts and achieve spiritual growth and higher goal of human life. (For brief details on these two points, please go through the write-up on "Religious Education" is not anti-secular and is not violative of the provisions in our Constitution" included in Appendix — 1 of this book).

Therefore, imparting of “Moral, Ethical, Religious and Spiritual Education”, more particularly, “Religious Education”, in modern schools, colleges and universities of our country is not anti-secular and also is not violative of the provisions of the Article 28 of the Constitution of India. Thus, there is no constitutional/legal obstruction/impediment for imparting of “Moral, Ethical, Religious and Spiritual Education”, more particularly, “Religious Education”, to our students in modern schools, colleges and universities of our country, which are wholly maintained out of State funds. And there is no

constitutional/legal obstruction/impediment at all for imparting of such education to our students in all other modern schools, colleges and universities of our country including the private ones.

In spite of the above, “Moral, Ethical, Religious and Spiritual Education” has not yet been restored completely and permanently in modern schools, colleges and universities of our country; and has not yet been included in the study curriculum.

In this connection, it is most worthwhile to note that “Life-building, Character-building and Man-making Education” or “Moral, Ethical, Religious and Spiritual Education”, called “Value Education” in the modern time, is the "soul" of an ideal study curriculum while “Secular Education” on various subjects of study is its body. And both "Life-building, Character-building and Man-making Education", the "Real Education", and "Secular Education", the "Ordinary Education", combinedly constitute "The Right Education". Therefore, "Life-building, Character-building and Man-making Education" or "Moral, Ethical, Religious and Spiritual Education", called "Value Education" in the modern time, is **"The Greatest Need of the Hours of our Modern Students"**; and hence, the same needs to be restored completely and permanently; and included in the present study curriculum and imparted to the students in our modern schools, colleges and universities most urgently and immediately, without further loss of time, in the larger interests of our modern students, as well as our elderly persons, our teachers and professors, our family, our society, our culture and our nation.

In this connection, it is observed with great happiness that in the recent years, some lessons on "Value Education" or "Moral, Ethical, Religious and Spiritual Education" or "Life-building, Character-building and Man-making Education" have



been included in the study curriculum for our modern students; and also, efforts are being made to include other lessons on such education. Nevertheless, such education, being "The Greatest Need of the Hours of our Modern Students", needs to be restored completely and permanently; and included in the present study curriculum most urgently and immediately.

### **Necessity of Study of Spiritual Literature**

In this situation and till "Life-building, Character-building and Man-making Education" or "Moral, Ethical, Religious and Spiritual Education", called "Value Education" in the modern time, is restored completely and permanently in our modern schools, colleges and universities, our modern students need to study, in their own interest, Spiritual Literature, because the same is the source of "Life-building, Character-building and Man-making Education" or "Moral, Ethical, Religious and Spiritual Education" of "Value Education". By studying Spiritual Literature, they can learn "Life-building, Character-building and Man-making Education" or "Moral, Ethical, Religious and Spiritual Education" or "Value Education"; and get necessary guidance in the matter of deciding the right goals of precious human life; knowing the right path of precious human life; building their precious human life rightly by laying a proper and strong foundation and by constructing thereupon a complete, proper, strong and nice superstructure during their golden student life and youth period; and for living the same completely, purposefully, prosperously, happily, peacefully, successfully and ideally.

What is Spiritual Literature ? We will discuss the same in the next write-up.

(This write-up is a revised, recast and abridged version of the compiler's write-up on "Restoration of Moral, Religious and Spiritual Education" included in the book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life", published in 2012).

## **Sivananda Literature — Its Great Benefits for Modern Students in Life Building and Successful Living**

Sri Mohan Lal Agrawal

### **Spiritual Literature**

"Spiritual Literature" means standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions. "Spiritual Literature" also means the books written by spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets.

Those standard spiritual literatures are in classical languages such as Sanskrit, Urdu, etc. and therefore, it may not be possible for most of our modern students to study the same as they may not be knowing the said languages. Even if some of them know the said languages and can study those scriptures, the deep, inner, true meaning of the teachings contained in them may not be understood by them.

In such a situation, some of the great, spiritually illumined, God-realised modern Saints and Sages and Prophets, who have studied those standard spiritual scriptures meticulously, understood the teachings contained in them correctly and practised those teachings in their life successfully, have written a good number of books on spiritual subject. In their books, they have explained the teachings contained in the ancient spiritual scriptures and given their own commentaries on the same in simple manner and in widely-read modern languages like English, Hindi, etc. Hence, our modern students can study such books and easily acquire detailed knowledge on various topics of "Life-building, Character-building and Man-

making Education" or on the subject of "Life Building and Successful Living" or, in short, "Life Building Science", such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, religion, spirituality, etc. Thereafter, they can practise the same in their day-to-day life, decide the right goals and the right path of their precious human life; build their precious human life rightly by laying a proper and strong foundation and by constructing thereupon a complete, proper, strong and nice superstructure during their golden student life and youth period; and live the same completely, purposefully, prosperously, happily, peacefully, successfully and ideally. Thereby, they will derive immense benefits for themselves.

One such modern Saint is Swami Sivananda Saraswati, the Founder President of the International Divine Life Society, Rishikesh, Uttarakhand, India. He is regarded all over the world as a towering, perfect, spiritually-illuminated, God-realised Saint of the modern time. He has written many books on almost all aspects of human life, commencing from health and hygiene to religion and spirituality. By studying those books our modern students can learn teachings on almost all topics of "Life-building, Character-building and Man-making Education" or on the subject of "Life Building and Successful Living" or, in short, "Life Building Science". Those books are known as "Sivananda Literature". Therefore, our modern students can most profitably study the same.

### **Swami Sivananda and Sivananda Literature**

Now, let us discuss briefly about Swami Sivananda Saraswati and Sivananda Literature. Because knowledge about the authors of books creates interest and eagerness in the minds of the readers to study the books written by them with full faith, due earnestness and greater acceptability. And knowledge about the books written by authors enlightens the readers about the relevance, importance and benefits of those books and creates

inquisitiveness, interest and eagerness in the minds of the readers to study those books with full faith, due earnestness and greater acceptability.

### **Swami Sivananda Saraswati**

Swami Sivananda Saraswati was born as Kuppuswamy on the 08th September 1887, in the illustrious family of the sage Appayya Dikshitar and several other renowned saints and savants. His mother also belonged to a highly religious family. He had a natural flair for a life devoted to the study and practice of Vedanta.

He had an inborn desire to serve all humanity. His passion for service drew him to the medical career and he became a doctor by profession. He went to Malaya and rendered his medical service to the sick people. In the hospitals in Malaya in which he worked, he spent all his energy and time in relieving human sufferings by serving the sick and the poor, day and night, with a sympathetic heart. This type of selfless service gave him purification of heart and mind, and led him to the spiritual path.

In course of his medical service, his inborn spirit of *vairagya* or dispassion came out from within. Then, he gave up the life of ease, comfort and luxury, renounced his lucrative medical career at Malaya in 1923, came back to India, settled down at Rishikesh, Himalayas, obtained *sannyasa diksha* from his Spiritual Preceptor or *Aadhyatmik Guru Paramahansa* Shri Swami Viswananda Saraswati and took to the life of complete renunciation or *sannyasa* life. He practised intense spiritual austerities and prolonged deep meditation; and attained Spiritual illumination or Self-realisation or God-realisation or *Moksha*. He shone as a great Yogi, *Para Bhakta*, Saint, Sage and *Jivanmukta* (One liberated while living). The doctor of the body and mind became the doctor of the soul.

Swami Sivananda Saraswati is a broad-minded, catholic, liberal, world-renowned saint of modern India. He believes in

the common Fatherhood of One God and universal brotherhood of all human beings. To him, all human beings, irrespective of their religion, faith, belief, nationality, caste, creed, colour, sect, gender, etc., are equal. Many of his disciples and followers include christians and muslims, apart from hindus. He treats all religions as essentially one. He pays equal respect to all religions; and exhorts that all religions speak the same truth. He also says that the essence of all religions, i.e. universal good qualities like truth, non-violence, purity, love, compassion, forgiveness, tolerance, brotherhood, doing good to others, etc., is one. He worked for unity of religions in the society and the world. He also worked for world peace.

The International Divine Life Society, Rishikesh founded by him is purely a non-sectarian spiritual organisation and anybody who vows to adhere to truth, non-violence and purity can become its member, irrespective of his religion, faith, belief, caste, creed, colour, sect, gender, nationality, etc. Many christians and muslims, apart from hindus, are also its members. The main objective of the said society is dissemination of spiritual and cultural knowledge amongst the people. The purpose of such dissemination is that people can acquire spiritual knowledge and thereafter, they can practise the same and transform themselves into "Divinity" by shedding their animal instincts, developing human qualities and unfolding their latent divine faculties. Thus, they can live a noble, ethical and spiritual life and make endeavours to attain Self-realisation or God-realisation or *Moksha*, the state of Divinity, the state of Perfection, which is the Supreme Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Thereby, they can derive lasting happiness and eternal peace and there will be permanent

cessation of worldly sorrows, sufferings, pains and miseries in their life. Thus, they can live their rare and precious human life upon the earth plane happily, peacefully, successfully and ideally.

After attainment of spiritual illumination, the mission of life of Swami Sivananda Saraswati became dissemination of the spiritual knowledge that he gained during his severe austerities, prolonged meditation and intense spiritual *sadhana* amongst the entire humanity in order to show them the right path of life. With such mission, he commenced his real service to the entire modern mankind. Millions of people across the world, irrespective of their religion, faith, belief, caste, creed, cult, sect, colour, gender, nationality, etc. flocked to Swami Sivananda Saraswati for spiritual guidance, light and solace. Swami Sivananda Saraswati embraced them all and showed them the right path of life.

### **Sivananda Literature**

The intense desire of Swami Sivananda Saraswati to disseminate spiritual knowledge amongst the entire modern mankind and his mission to serve them through such dissemination made him to write more than 300 most valuable books. He wrote those books on all aspects of human life, commencing from health and hygiene to religion and spirituality and for all categories and all classes of people, for their guidance. His books are known as Sivananda Literature, which is regarded as a class by itself. Sivananda Literature is widely read through out the world and has earned great eminence all over the world. Sivananda Literature is a many-sided, all-inclusive and comprehensive veritable ocean of most valuable immortal teachings with several unique features. Those teachings are greatly enlightening and immensely beneficial for the entire modern mankind including the modern students and youth.

Swami Sivananda Saraswati had special interest for the education, development and welfare of the modern students and

youth and therefore, he has written many books specifically for their benefits. Some of his books have been prescribed as text books in some schools and colleges.

Sivananda Literature can most eminently meet the requirements of our modern students for the following four broad reasons:-

**(A) Firstly, Sivananda literature is vast and rich with teachings on almost all topics on the subject of "Life Building Science" which are most acutely needed by our modern students.**

Sivananda literature is vast and rich with right kind of teachings on almost all topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" such as good physical health, powerful mind, noble character (*satcharitra*), ethical conduct (*sadachara*), celibacy (*brahmacharya*), Indian Culture (*Bharatiya Sanskruti*), religion (*dharma*) and spirituality (*adhyatma*), etc. Our modern students need such education the most and that too, very acutely, for building their life rightly, i.e. for laying the foundation of their life properly and strongly and for constructing the superstructure of their life completely, properly, strongly and nicely; and for living their life completely, purposefully, prosperously, happily, peacefully, successfully and ideally. The teachings contained in Sivananda Literature are very comprehensive and self-contained. Therefore, our modern students can have the opportunity of studying all those teachings and meeting all their requirements on all such topics from a single source.

**(B) Secondly, Sivananda Literature is unique with several special features.**

Sivananda Literature is unique with several special features, some of which are stated as under.

**(1) Sivananda Literature contains the essence of all spiritual scriptures and religious literatures:-**

Most of the spiritual scriptures and religious literatures in their original are said to be archaic and have been written many a time in obscure and allegorical language. Also many such scriptures have been written in the form of verses and *sutras*, without being expounded. Therefore, the real or deep or inner meaning of the teachings contained in those scriptures is not easily comprehensible and is not immediately perceptible to the vast majority of the modern men. Hence, Swami Sivananda Saraswari studied and churned those scriptures and literatures, brought out the most precious essence of the teachings contained in them and presented such essence of the teachings in the books written by him. The common modern mankind can study those books containing such essence, and that too, from one source, with great ease and can understand the teachings contained therein correctly.

**(2) Sivananda Literature is practical:-**

The teachings of Swami Sivananda Saraswati are not merely academic, theoretical or abstract teachings, but are practical. His writings spotlight the practical aspects of religion and spiritual science. His teachings tell the readers not so much of what they should believe in or what they should merely know, but what they should practically do and how they should practise in their daily life in order to achieve success. Thus, Sivananda literature is ready-made practical instructions for the readers for their direct and instant practice. Therefore, the readers need not go to somewhere else in order to find out the practical instructions for putting them in their spiritual practice or *aadhyatmik sadhana* in their life.

**(3) Sivananda Literature is based on his personal experiences and is, therefore, very powerful, forceful and effective:-**



The writings of Swami Sivananda Saraswati are based on his own personal experiences. He wrote those teachings only after successfully applying, practising and experiencing the same in his own life. His teachings are charged with the divine power which he derived from his own severe austerity, deep meditation, prolonged spiritual practice or *aadhyatmik sadhana* and God-realisation. Therefore, the writings of Swami Sivananda Saraswati are very powerful, forceful and effective and those directly penetrate into the hearts of the readers.

**(4) Sivananda Literature is highly awakening, greatly inspiring, heart-touching, soul-elevating and life-transforming:-**

Swami Sivananda Saraswati being a God-realised saint, his writings are a very powerful awakener. Those writings instantly awaken the modern men, students and youth to rise from their slumber and then profoundly inspire them to start living a noble, ethical and spiritual life. His writings are heart-touching, soul-elevating and life-transforming. Reading of a few sentences of his writings is enough to bring about radical change in the life of the readers and transform them, even atheists, into spiritual persons.

**(5) Sivananda Literature is scientific and therefore, highly acceptable and greatly appealing to the modern men, students and youth:-**

The modern men, more particularly, the modern students and youth, approach all matters in a spirit of investigation and they seek first to know the 'why' and 'how' of things before accepting them. They also always expect tangible results of any practice to be undertaken by them. To such modern men, students and youth, Sivananda Literature, which gives a rationalistic treatment to the subject and usually explains the subject in a scientific manner, is highly acceptable and greatly appealing.

**(6) Sivananda Literature infuses optimism, positivism, enthusiasm, hope, faith, confidence and encouragement in the minds of the modern men, students and youth:-**

The writings of Swami Sivananda Saraswati are always positive in their tone. Therefore, Sivananda Literature infuses optimism, positivism, enthusiasm, hope, faith, confidence and encouragement in the minds of the modern men, students and youth. When enthusiasm lacks and faith wavers, the living words of Swami Sivananda Saraswati infuse fresh zeal and revive faith in the hearts of the readers. Further, Swami Sivananda Saraswati always took the positive course of encouraging and infusing new hope and optimism into the minds of the modern men, students and youth; and seldom took condemnatory attitude towards them. Therefore, his literature greatly appeals to the modern men, students and youth and are highly effective in moulding their thoughts and conduct.

**(7) Sivananda Literature has been written in the widely-used modern and simple language:-**

Swami Sivananda Saraswati has presented his writings to the modern men, students and youth in the widely-used modern language, viz. English. Also, Swami Sivananda Saraswati has written his books in very simple language, in short sentences and without using difficult and complicated words. His writings are also very clear and lucid. Therefore, the vast common modern men, students and youth, even a high school student, can easily read his writings and very well understand their meaning even with a single reading.

**(8) Sivananda Literature attaches great importance on practice of spirituality commencing from the student life and youth period itself:-**

As the well-wisher of the students and youth, Swami

Sivananda Saraswati exhorts, inspires and encourages modern students and youth to commence practising spirituality, together with their school/ college/ university education, from their student life and youth period itself instead of postponing it to a distant future or to the post-retirement period. Because student life and youth period is the most precious and most conducive period in one's life when one is in best state of health and mind and therefore, they can easily and effectively practise spirituality and thereby, they can derive maximum benefits for themselves.

**(C) Thirdly, Sivananda Literature is universal in scope.**

Swami Sivananda Saraswati deeply studied the spiritual scriptures of the ancient and modern times; and the scriptural writings of almost all great saints, sages and prophets of all religions of the world, collected the cream of the same and presented them in his books in his own language and in his inimitable style. His writings are thus a beautiful unification and synthetic combination of such diverse teachings. Therefore, the teachings contained in his books are universal in scope. And hence, his teachings are acceptable, appealing and beneficial to all people of the whole world irrespective of their nationality, religion, faith, belief, cult, caste, creed, sect, colour, gender, etc. Millions of people belonging to different nations, religions, faiths, beliefs, sects, creeds, colours, etc. all over the world have studied his books and derived immense benefits.

**(D) Fourthly, Sivananda Literature is highly student-friendly.**

Swami Sivananda Saraswati had special interest in the modern students and youth. He imparted them teachings regarding good physical health, powerful mind, noble character, ethical conduct, celibacy, personality development, success in life, religion, spirituality, etc. He tried to mould the students through imparting of moral, ethical, religious and spiritual

Be good. Do good. — Swami Sivananda

teachings. He spoke to the students not as a Master, but as a friend and well-wisher. He always took the positive course of encouraging and infusing new hope and optimism into students and youth; and seldom took condemnatory attitude towards them. Therefore, his teachings are highly appealing to the students and youth. He also addressed the students and youth directly which gives them the feeling of a personal touch and also which creates a feeling of intimacy, sense of interest and ready acceptability of his teachings in their minds. His teachings are in simple language and even a high school student can understand the same well. In view of these, Sivananda Literature is highly student-friendly. Therefore, the teachings of Swami Sivananda Saraswati have been well-received and readily accepted by the modern students and youth. Millions of modern students all over the world have been studying Sivananda Literature and are deriving immense benefits for themselves.

With such vast and rich contents and with so many unique features, Sivananda Literature can most eminently meet the requirements of our modern students and guide them for proceeding in the right path of life, and for building their life rightly by laying a proper and strong foundation with good physical health, powerful mind, noble character (*satcharitra*), ethical conduct or good conduct or righteous conduct or virtuous conduct (*sadachara*), with strict observance of complete celibacy (*purna brahmacharya*) ; for attaining integrated and harmonious development of their physical body, mind, intellect, heart and soul; for developing an excellent personality; for acquiring knowledge on Indian Culture (*Bharatiya Sanskruti*), religion (*dharma*) and spirituality (*adhyatma*); for becoming good human beings; for constructing the superstructure of their life completely, properly, strongly and nicely; for living the religious and noble life; for living the spiritual life for achieving the higher purpose of human life i.e. Liberation of the individual

Soul from the cycle of births and deaths or Union of the individual Soul with the Supreme Soul or Self-Realisation or God-Realisation or *Moksha*, which is the Supreme Grand Goal of Ideal Human Life, as stated in our ancient Spiritual Scriptures, and according to our country's great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*; and thus, for living an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life, both secular and spiritual.

In this connection, the world-renowned saint Swami Krishnananda Saraswati, one of the great disciples of Swami Sivananda Saraswati, says "x x x x "Students are moulded to the education they receive," says Swamiji. At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: "I speak as your humble Sevak and 'Hitakankshi'. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own." Gurudev's gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous — the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

Millions the world over have benefited materially and spiritually through the study of Swamiji's life-transforming works."

The teachings of Swami Sivananda Saraswati from his saintly heart as contained in Sivananda Literature are immortal. Therefore, those are a great blessing not only to the generation

in which he lived but also to the generation and generation to come after him. The world-renowned saint Swami Chidananda Saraswati, one of the foremost and great disciples of Swami Sivananda Saraswati, while delivering a talk on His Holy Spiritual Master, said "Our daily life should be a response to that call from darkness to Light. And Holy Master, having become illumined with that Light, wished to share it with all mankind, with all his brethren. And this great and intense urge from his great heart manifested itself as 300 books and his free distribution of innumerable pamphlets. This sharing was one hundred per cent of his life. It marked his entire being — share! "May all be illumined. May all attain that great peace. May all become blessed. May all become liberated!" That was Holy Master!" He further said, "And through this institution that he established, he continues to do that sublime work. Fortunate indeed is mankind. Blessed are generations that have come after him, for he made his light to shine perpetually. He has made it akhanda jyoti. He has made a permanent, unbroken light, banishing the darkness, illumining the pathway of life of all sincere seekers."

In view of the foregoing, Sivananda Literature can most eminently meet the requirements of our modern students on various topics of "Life-building, Character-building and Man-making Education" or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" for ever, generation after generation, and hence, our modern students can most profitably study Sivananda Literature and derive immense benefits in their lives, both secular and spiritual.

A topic-wise list of selected books written by Swami Sivananda Saraswati which can most eminently meet the requirements of our modern students on "Life-building, Character-building and Man-making Education" or on various topics of the subject of "Life Building and Successful

Living” or, in short, "Life Building Science" is furnished below.

**Topic — Good Physical Health:-** 1. Yoga Asanas, 2. Science of Pranayam, 3. Health and Diet, 4. Health and Hygiene, 5. Radiant Health through Yoga, 6. Health and Long Life, 7. Health and Happiness, **Topic — Powerful Mind:-** 8. Thought Power, 9. Mind, Its Mysteries and Control, 10. Conquest of Mind, 11. Concentration and Meditation, **Topic — Noble Character:-** 12. How to Cultivate Virtues and Eradicate Vices, 13. Universal Moral Lessons, 14. Conquest of Anger, 15. Conquest of Fear, **Topic — Ethical Conduct:-** 16. Ethical Teachings, 17. Universal Moral Lessons, **Topic — Celibacy:-** 18. Practice of Brahmacharya, **Topic — Insight into Human Life:-** 19. Know Thyself, 20. Philosophy of Life, **Topic — Religion:-** 21. All About Hinduism, **Topic — Spirituality:-** 22. Guru Tattwa, 23. Practice of Karma Yoga, 24. Essence of Bhakti Yoga, 25. Practice of Bhakti Yoga, 26. Japa Yoga, 27. Raja Yoga, 28. Dhyana Yoga, 29. Jnana Yoga, 30. Essence of Vedanta, 31. Practice of Vedanta, 32. Principal Upanishads, 33. Bramhasutras, 34. Srimad Bhagavad Gita, 35. Satsanga and Svadhyaya, 36. Sadhana, **Topic — Unity of Religions:-** 37. Unity of Religions, **Topic — World Peace:-** 38. World Peace, **Topic — General:-** 39. Religious Education, 40. Moral and Spiritual Regeneration in the world, 41. Sure ways for Success in Life and God Realisation, 42. Students Success in Life, 43. Inspiring Stories, 44. Spiritual lessons, 45. Students, Spiritual Literature and Sivananda (Swami Chidananda Saraswati).

Our modern students need to study sincerely, thoroughly and meticulously the above books written by Swami Sivananda Saraswati; acquire necessary knowledge on various topics of the subject of "Life-building, Character-building and Man-making education" or on the subject of "Life Building and Successful Living", or, in short, "Life Building Science".

Thereafter, our modern students need to practise the knowledge so gained in their day-to-day life sincerely and meticulously and regularly; and decide the right goals of their rare and precious human life, and build their rare and precious human life completely, properly, strongly and nicely with right foundation and right superstructure, during their golden student life and youth period itself, the right period of their life. Thereby, they can live their rare and precious human life upon the earth plane ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully. And, in this manner, they can derive immense benefits for themselves.

Simultaneously, they can become worthy assets of their families, good members of the society and ideal citizens of the nation and of the world.

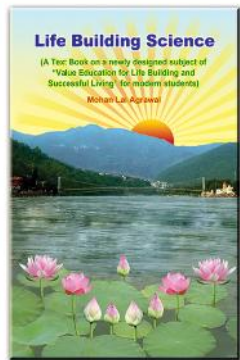
(This write-up is a revised and recast version of the compiler's write-up on "Sivananda Literature — Its great benefits for the modern students and youth in life building and successful living" included in the book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life", 02<sup>nd</sup> Edition, published in 2019.)



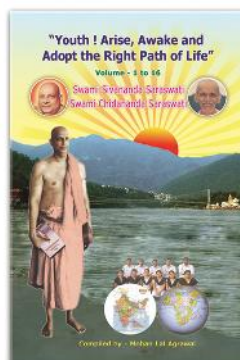
## NOTE

Be good. Do good. — Swami Sivananda

### Books on all to a



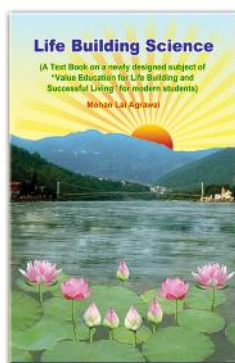
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detailed knowledge



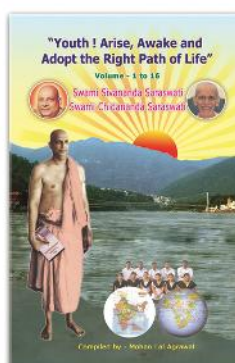
righteousness, attai  
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## Books on all topics of "Life-building, Character-building and Man-making Education"



This book titled "Life Building Science" contains brief write-ups on different topics of "Life-building, Character-building and Man-making Education" such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, real identity of human beings, true purpose of human life, adherence to righteousness, achievement of economic prosperity, fulfillment of vital worldly desires, attainment of spiritual illumination for liberation of soul, unity of religions, world peace, one's prescribed duties, etc. The said write-ups cover the simple meaning, necessity, importance, manner, benefits, etc. of each topic. This book intends to impart introductory teachings on those topics to our modern students. It also seeks to inspire and encourage them to acquire detailed knowledge on all those topics.



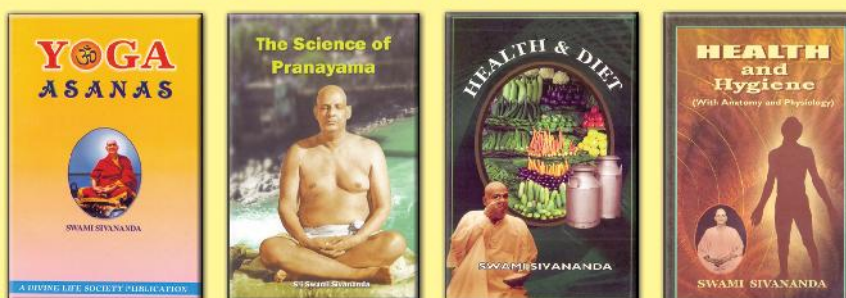
This book of compilation titled "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 Volumes) contains writings of two great, world-renowned and God-realised modern Saints Swami Sivananda Saraswati and Swami Chidananda Saraswati on different topics of "Life-building, Character-building and Man-making Education" such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian culture, real identity of human beings, true purpose of human life, adherence to righteousness, attainment of spiritual illumination for liberation of soul, unity of religions, world peace, advices to students, messages to students, one's prescribed duties, etc. This book intends to impart detailed teachings on those topics to our modern students for their study and practice.

(Soft copies of the above two Books are available in the Internet Archive, and our modern students can open the Internet Archive in the following manner and study the same therein, free of cost:- (1) Accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search> (the above books in PDF format will be displayed).



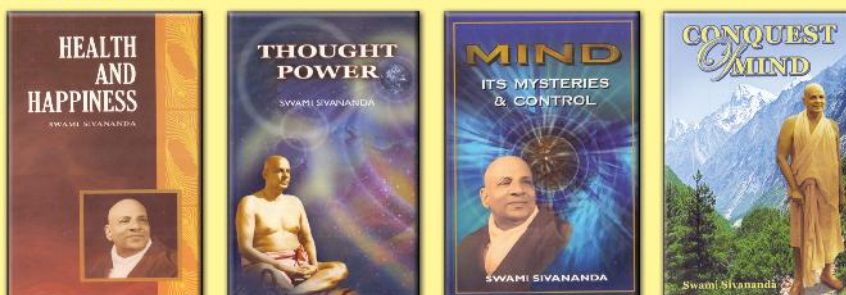
**Topic-wise Books of  
Swami Sivananda Saraswati on  
“Life-building, Character-building  
and Man-making Education”  
for acquiring further/ detailed/  
special knowledge by our modern students**

**Topic - Good Physical Health**



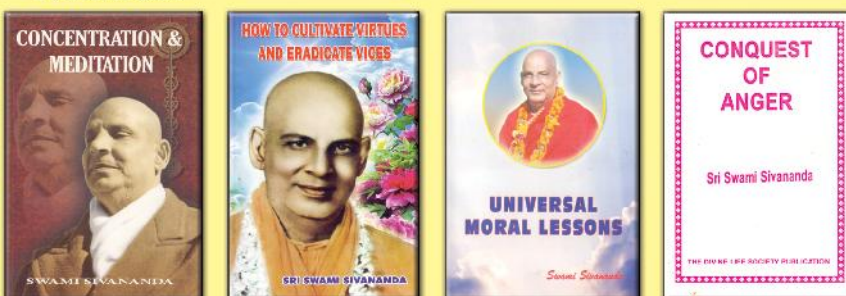
**Topic - Good  
Physical Health**

**Topic - Powerful Mind**

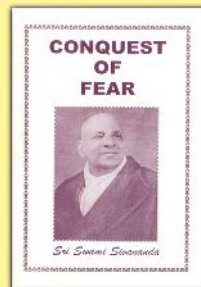


**Topic -  
Powerful Mind**

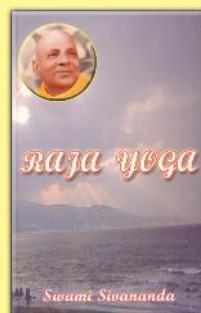
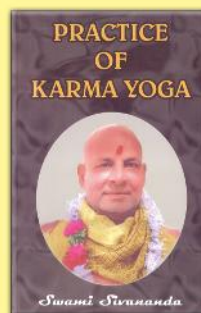
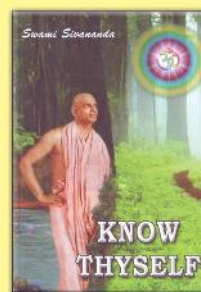
**Topic - Noble Character**



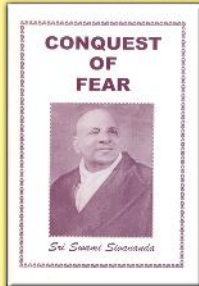
**Topic -  
Noble Character**



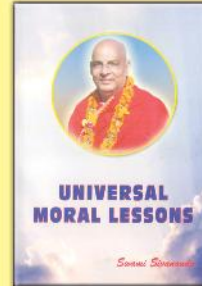
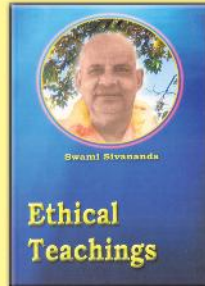
**Topic - Insight into**



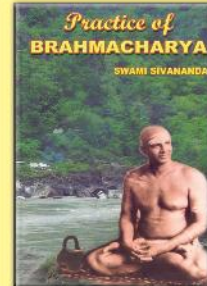
**Topic -  
Noble Character**



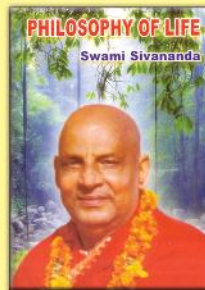
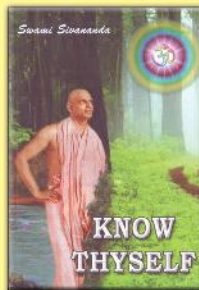
**Topic - Ethical Conduct**



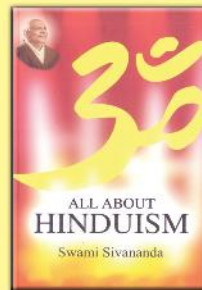
**Topic - Celibacy**



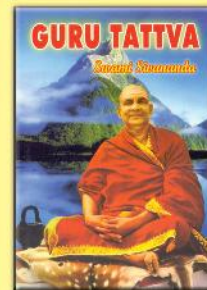
**Topic - Insight into Human Life**



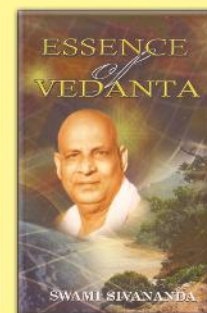
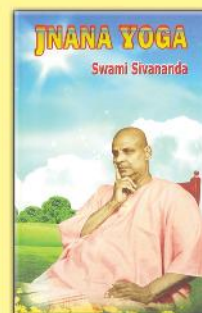
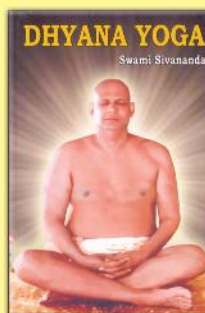
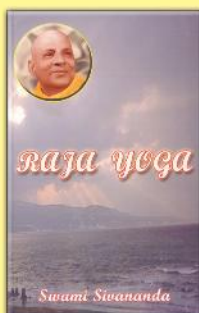
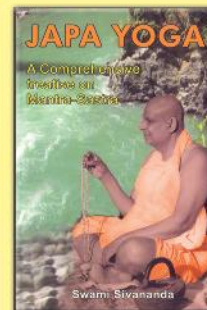
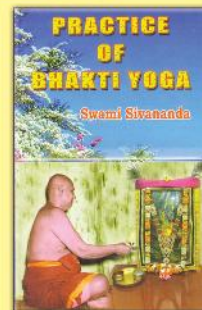
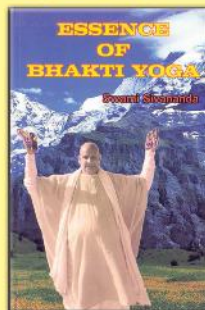
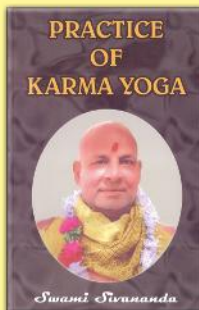
**Topic -  
Religion**



**Topic -  
Spirituality**

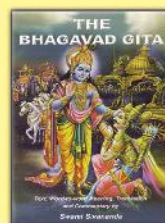
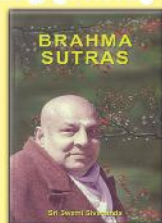
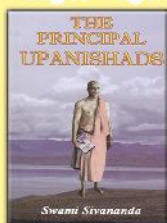
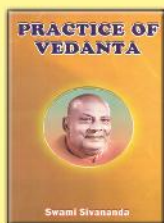


**Topic - Spirituality (Contd.)**

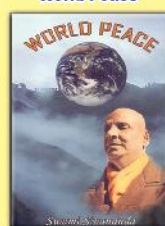
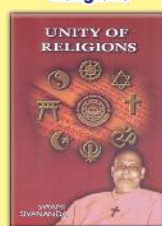
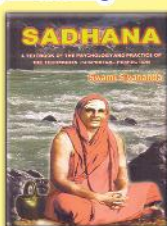
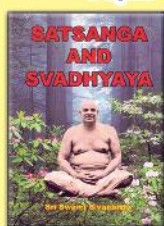




### Topic - Spirituality (Contd.)



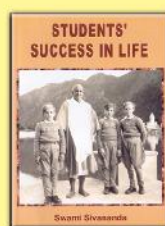
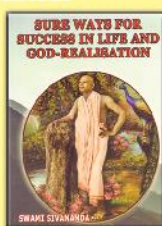
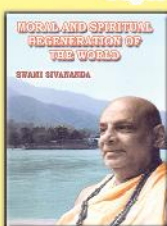
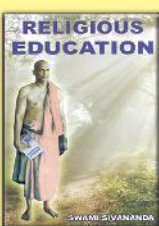
### Topic - Spirituality



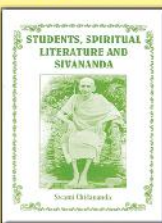
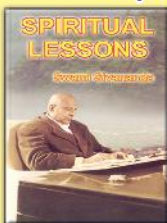
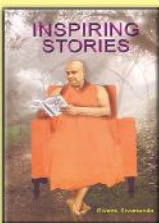
### Topic - Unity of Religions

### Topic - World Peace

### Topic - General

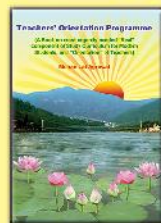
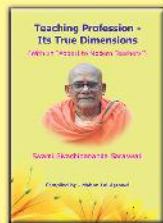
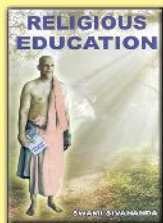


### Topic - General



(The above books of Swami Sivananda are published by the Divine Life Society, Rishikesh, PO - Sivanandanagar, Dist - Tehri Garhwal, (Uttarakhand), PIN - 249192).

## Books on "Orientation of Teachers on Teaching Profession"



## **REAL WEALTH OF MANKIND**

**Sri Venu, a modern student, asked :**

**Ques:** Is it true that Swami Sivananda's works have enriched the world's spiritual literature?

**Swami Chidananda Saraswati answered :**

**Ans:** Absolutely. Gurudev's works are so many gems added to the spiritual literature of the world. Swami Sivananda, being a Godrealised Soul, whatever flows out of his pen turns out to be spiritual literature of the highest order. Sivananda Literature has come as a God-sent gift at a time when the world is passing through a severe crisis in values. You will appreciate that Gurudev's message of "Serve, Love, Give, Purify, Meditate, Realise," beautifully amplified in his numerous works, is a valuable addition to the spiritual values of the world's religions.

The especial way in which Swami Sivananda has enriched the world's spiritual literature is through his simple and lucid presentation of even abstruse and subtle philosophical truths, by his interpretation of the true spiritual import of religious teachings in a manner suitable to and acceptable to the modern man and by his bringing out the fundamental essentials of spirituality from amidst a vast mass of non-essentials. He has given the gospel of practical religion, active Dharma and the universality of the Divine Life underlying all religions and scriptures.

Some may say, "There are already many religious and spiritual books. Where comes the question of additional enrichment of existing literature?" But, the fact is that Swamiji's excellent spiritual literature has come as a direct God-sent gift to meet one of the greatest needs of our modern times. Perhaps at no time in the past has mankind stood in

greater and pressing need of literature like Gurudev's writings. Almost all religious literature in their original are archaic in style; moreover, they are written many a time in obscure and allegorical language whose meaning is not immediately perceptible. Thus, they are not of much effective use to the vast mass of mankind. Moreover, the traditional method of presentation of ethical and spiritual truths was such that the essential teachings were surrounded and almost buried under a whole mass of non-essential, and sometimes irrelevant detail, that to the normal reader they were inaccessible. These non-essential details swelled the size of the scripture to such an extent that the very size frightened the ordinary man away from their perusal. Modern man had hardly time even for his routine personal hygiene, food and rest etc. Such being the situation, Swami Sivananda has enriched the spiritual literature of the world by culling out the most precious essence from the ocean of scriptural writings and presenting them to modern mankind in a modern language, in simple style and in a direct and forceful manner, peculiarly all his own. Also, his writings spotlight the practical aspects of religion and spiritual science. Thus, his books tell you not so much what you should believe in or what you should merely know, but they tell you in an emphatic and a powerful manner what you should be, what you should do and how you should live your life. His writings expound practical spirituality and living religion. This is one of the special reasons why Swamiji's books constitute a distinct enrichment of the world's spiritual literature.

### **MOULDER OF STUDENTS**

**Sri Venu, a modern student, asked :**

**Ques: How far will Sivananda Literature help to mould students' thoughts?**

**Swami Chidananda Saraswati answered :**

Ans: Spiritual literature always helps and elevates — not only students, but everyone. The mind needs food just as much as the body does. If cattle are fed on good prepared food in the cowshed, they will no longer go out to graze on rubbish. Even so, if the mind is fed on good thoughts contained in spiritual literature, they will no longer entertain a taste for cheap literature. You must, however, notice one point. While spiritual literature always helps, the extent to which it benefits a man depends upon the man himself. You will be benefited to the extent to which you already possess a moral character, have a liking for spiritual subjects and have faith in the book and its author. What is true of spiritual literature, in general, is true of Sivananda Literature also. In addition, Sivananda Literature has the quality of converting even sinners and atheists; this is because of the Divine powers of the writer. It is because Swamiji's appeal is forceful, His style is simple. He directly addresses the reader and thus touches his heart with his rousing divine message. He shows practical ways and means of overcoming impurity and evil and becoming divine. He infuses confidence, optimism and inspiration into you. He speaks to students from their own level and counsels them as their friend and well-wisher. He always takes the positive course of encouraging them and infusing new hope and optimism into them. He seldom takes the condemnatory attitude. Hence his books appeal to the youth and are effective in moulding their thoughts and conduct.

(From the Booklet "Students, Spiritual Literature and Sivananda" published by The Divine Life Society, Headquarters, Rishikesh.)



Cultivate healthy habits. Early to bed and early to rise must be your motto. Do not destroy precious life by wasting away priceless time staring at the T.V. Television is the time consumer. It is a dangerous "ayuh-bhakshak" and will swallow up your life, little by little if you do not be aware and recognise its dangerous nature. Form the habit of prayer, physical culture and serious study. This habit will help you greatly. Be a master of your five senses namely sight, sound, taste, touch and smell. Control all wrong desires. Conquer your mind. This is the greatest strength. Develop noble character. Be not a slave to wrong habits. Overcome them all by your determination. There is nothing impossible for one who refuses to give up. Keep only good company. Do not read petty and unclean books that stir up gross, lower propensities and stimulate impure passion and animalistic tendencies. Have noble, moral principles to live by. Adhere strictly to them. Keep a sublime ideal before you. Character is the greatest wealth. Self-discipline is the greatest strength. Anger is terrible weakness. Make yourself an embodiment of everything that is lofty and great in our Indian culture. (Bharatiya Sanskriti).

— **Swami Chidananda Saraswati**

**Introduction of a New Subject of Study named "Life Building Science"; and preparation of Two New Books titled "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes); and a new Certificate Course on "Life Building Science" for study by our Modern Students"**

Sri Mohan Lal Agrawal

We will discuss the captioned write-up in three parts.

**The First Part is on: "Introduction of a New Subject of Study named "Life Building Science"**

In the greatly-needy situation arising due to lack of "Life-building, Character-building, and Man-making Education" for our modern students in the schools, colleges and universities of our country, a new subject of study named "Life Building and Successful Living", or, in short, "Life Building Science", on "Life-building, Character-building, and Man-making Education", has been conceived, designed and prepared for study by our modern students. By studying this newly designed subject, our modern students can learn the right goals of their life and the right path of human life. They can also learn how to build their life rightly by laying a proper and strong foundation of their life and by constructing upon the same a complete, proper, strong and nice superstructure of their life. After learning the same, our modern students need to practise the knowledge so gained in their day-to-day lives. Thereby, they can live their long future life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

Be good. Do good. — Swami Sivananda

**The Second Part is on: Preparation of Two New Books  
titled "Life Building Science" and  
"Youth ! Arise, Awake and Adopt the Right Path of Life"  
for study by our Modern Students**

Two books on the above newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science" covering various topics of the said subject or on "Life-building, Character-building, and Man-making Education" have been prepared for study by our modern students.

**The first book is titled "Life Building Science"**

The first book is a Text Book with the title "Life Building Science". Before we discuss about this Text Book, it is most relevant to note here that our modern students use to approach all matters in a spirit of inquiry. They seek to know first the 'why' and 'how' of things before accepting, adopting and practising the same in their life. They also always expect immediate and tangible results of any practice to be undertaken by them. Therefore, they must be interested to know as to why they should study spiritual literature on the subject of "Life Building and Successful Living", or, in short, "Life Building Science" and also what benefits they will derive by studying the same and practising the teachings contained therein. Keeping this in view, this Text book has been prepared.

This Text Book contains introductory write-ups, with simple meaning, necessity, importance, manner, benefits, source of knowledge, etc., in 24 lessons, on various topics of the said newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science", such as good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or Bharatiya Sanskruti, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc. Those write-ups seek to impart introductory

knowledge to our modern students on various topics of the said subject. Those write-ups also seek to create necessary inquisitiveness and interest in their minds, and encourage and inspire them to study the second book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes) in order to acquire detailed knowledge on each topic of the said subject.

**The second book is titled  
"Youth ! Arise, Awake and Adopt the Right Path of Life"**

The second book is a Book of compilation with the title "Youth ! Arise, Awake and Adopt the Right Path of Life". This book, in 16 volumes, and with 24 lessons, contains detailed writings of two great, spiritually illumined, God-realised, world renowned Saints of our modern time, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, on the aforesaid various topics of the subject of "Life Building and Successful Living", or, in short, "Life Building Science". Those topics include, amongst others, good physical health, powerful mind, noble character, ethical conduct, celibacy, Indian Culture or Bharatiya Sanskruti, economic prosperity, vital worldly desires, righteousness, spiritual illumination, etc. This book of compilation is a comprehensive, self-contained, all-inclusive and encyclopedic book on the said subject of "Life Building and Successful Living", or, in short, "Life Building Science". Our modern students can most profitably study this book of compilation and acquire right and detailed knowledge on various topics of the said subject.

**Benefits of study of the above two books**

By studying the above two books, our modern students can acquire right and comprehensive knowledge on all the above topics of the said newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science".

Thereby, they can learn the right goals of their precious human life, the right path of human life; and the right manner of building their life with a proper and strong foundation and with a complete, proper, strong and nice superstructure of human life, and the right manner in which they can live their precious long future life ideally, successfully, completely, purposefully, prosperously, happily and peacefully.

After acquiring such knowledge, they need to practise the same in their day-to-day life. Thereby, their life can become ideal and successful, i.e. economically and materially prosperous as well as spiritually happy and peaceful. In this manner, they can derive immense benefits for themselves.

Our modern students can study the soft copies of the above two books, viz. "Life Building Science" and "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes) in the internet archive, free of cost, by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, the said two books in PDF format will be displayed.

On completion of study of the above book titled "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 Volumes), our modern students may be interested to study further books in order to acquire further/ specialised knowledge on various topics of the subject of "Life-building, Character-building and Man-making Education". In this connection, they may study the topic-wise separate books written by Swami Sivananda Saraswati, as has been listed in the previous write-up "Sivananda Literature - Its Great Benefits for Modern Students in Life Building and Successful Living".

**The Third Part is on: "Introduction of a New Certificate Course on the aforesaid newly conceived and designed subject of "Life Building Science"**

Our modern students can also listen to the writings of the aforesaid Text Book "Life Building Science" in the form of lectures of a Certificate Course on the aforesaid newly conceived and designed subject of "Life Building and Successful Living", or, in short, "Life Building Science" in the Internet Archive, free of cost, by accessing the same in the above manner. (Those lectures, in their original version, were delivered during one 04 Days Students' Awareness Programme on "Value Education for Life Building and Successful Living" organised at IDM Public School, Bolangir, Odisha, India during November 2019).

## Indian Culture and Modern Students

Shri Sarat Chandra Dixit,  
Founder-Director, IDM Public School, Bolangir

Indian culture or *Bharatiya sanskruti* is the culture which is professed by the people of India or Bharata. This culture is said to be the oldest and most ancient culture of the world. It is based on the Vedas. Therefore, it is known as the Vedic Culture. The Vedas are the oldest and most ancient scriptures of the world. The Vedas are said to have emanated from the heart of the Almighty Supreme Lord through His nostrils; and are said to have been revealed to the ancient Seers, *Rishis* and *Munis* of this sacred land of Bharatavarsa. Nobody knows when the Vedas have so emanated. The Vedas are, therefore, said to be the eternal scriptures of the world. And hence, Indian Culture or *Bharatiya Sanskruti* is called the eternal culture or Sanatana Sanskruti of the world. The people of India or *Bharat* have been following and practising this culture since time immemorial. The Hindus, who constitute the vast majority of people of India or *Bharat*, have been adopting and following Indian culture. Therefore, Indian culture is also known as Hindu Culture.

Indian culture is a great culture of the world. It is very rich with many most valuable principles and practices. Some most important principles are (i) four great goals (*purushartha chatustaya*) of human life, viz. *dharma* or ethical value, *artha* or economic value, *kama* or vital value and *moksha* or spiritual value, (ii) four stages (*ashrama chatustaya*) of human life, viz. *brahmacharya ashram* or student life, *grihastha ashram* or householder's life, *vanaprastha ashram* or retired life and *sannyasa ashram* or renounced life, (iii) four classes (*varna chatustaya*) of people in the society, viz. *brahmana* class, *kshatriya* class, *vaishya* class and *shudra* class, (iv) law of action (*karmaphala siddhanta*) and (v) doctrine of rebirth (*punarjanma*)

Be good. Do good. — Swami Sivananda

*siddhanta*). As regards valuable practices of Indian culture, there are numerous observances, rites, rituals, festivals, ceremonies, customs, traditions, etc. which are observed in the day-to-day life of the people. One most important practice of Indian culture is *shohala sanskaras* or sixteen rites which are performed at various stages during the entire human life commencing from birth, or even before birth, up to death.

Indian culture, with its various principles and practices, marvelously envisages a well-structured, well-balanced, purposeful and complete human life upon this earth plane. It provides for a systematic and gradual transformation of human beings from their animalistic nature into the divine nature; and ascent of human beings towards the perfection. This leads to living an ideal and successful human life, i.e. both materially prosperous life as well as spiritually peaceful life.

Indian culture attaches highest priority to religious pursuit (*dharma*) and spiritual pursuit (*adhyatma*). Religion or dharma guides and governs all activities of the day-to-day lives of the people of India; and is accepted as the foundational and fundamental great goal of ideal human life. And spirituality or aadhyatmikata is regarded as the supreme great goal of ideal human life. However, Indian culture does not neglect economic pursuit or material prosperity (*artha*) and vital pursuit or worldly desires (*kama*), rather it accords due place to both these great goals of ideal human life. In this manner, Indian culture provides for achievement of all these four great goals of ideal human life. Thus, Indian culture confers both true material prosperity as well as spiritual peace in the lives of its followers.

Further, the followers of Indian culture believe in the common fatherhood of one God, though known in different names in different religions; and universal brotherhood of all human beings, irrespective of their caste, creed, colour, sect, nationality, religion, faith, etc. And, therefore, they see the whole



universe as one family (वसुधैव कुटुम्बकम्). Therefore, Indian culture provides not only for uplift and welfare in individual personal lives of its followers only but also seeks for the good and welfare of all human beings of the whole world, irrespective of their cultures.

The followers of Indian culture pray for the welfare of all living beings of the world. This is very much evident from the prayers that they offer to God, such as "May all people of the world be free from diseases" (सर्वे सन्तु निरामयाः), "May all people of the world become prosperous" (सर्वेषां मङ्गलं भवतु ), "May all people of the world become happy" (सर्वे भवन्तु सुखिनः ), "May all people of the world become peaceful" (सर्वेषां शान्तिर्भवतु ), etc. They even pray for the welfare of other living beings of the world such as animals and insects; and plants and trees.

In view of the foregoing, the great Indian culture is said as the sublime, lofty, unique and ideal culture in the world.

In view of the greatness and loftiness of Indian culture, even the western philosophers and thinkers profoundly praise and speak high of Indian culture. And many westerners and people belonging to other cultures are also following and practising Indian culture. But, most unfortunately, the vast majority of us, and more particularly, most of our modern students, are not following and not practising our own Indian culture, which is meant for us. Instead, our modern students are following western culture which is alien and not meant for us; and which is materialistic (*bastubadi*) and epicurean (sensual pleasures-oriented) (*bhogabadi*) only. Consequently, there is material prosperity but no peace in the personal future lives of our modern students. Instead, there are sorrows and miseries only in their future lives. Thus, our modern students deprive themselves of the immense benefits of Indian culture and they live their precious human lives in vain.

What to speak of following Indian culture, most of our modern students, for no fault of theirs, even do not have adequate knowledge about our own Indian culture. The basic reason for lack of such knowledge is that there is no provision for imparting of education on our Indian culture to students in our modern schools, colleges and universities. Further, most of their parents, who were previous students in modern schools and educated under modern education system, and who do not have adequate knowledge about our Indian culture and do not follow the same in their personal lives, are not in a good position to train their children on Indian culture at their homes. Also, the materialistic pattern of life of most of most of the elderly persons in our society, who were previous students in modern schools and educated under modern education system, and who do not have adequate knowledge about our Indian culture and do not follow the same in their personal lives, do not instill inspiration in our modern students to follow Indian culture.

In the above situation, our modern students greatly and urgently need to acquire adequate knowledge on the subject of our great, lofty, unique, ideal and glorious Indian culture. In this connection, if the study curriculum in our modern schools contains teachings on some aspects/ topics of the subject of Indian culture, they should learn the same. And, if such teachings do not cover all aspects/ topics of the vast and entire subject of Indian culture, our modern students need to acquire knowledge on the remaining aspects/ topics of Indian culture informally, from other reliable sources, including our ancient spiritual scriptures and also the books written by our eminent saints and sages.

After acquiring such knowledge, they need to follow and practise Indian culture in their day-to-day lives. Thereby, our modern students can live both materially prosperous life as

well as spiritually peaceful life. In this manner, they can live a well-structured, well-balanced, purposeful, complete, successful and ideal human life. Thus, they can derive immense benefits, both secular and spiritual, in their personal lives.

Further, following and practising Indian culture in their day-to-day personal lives by our modern students will also put them in a good position and enable them to train, when they become parents, their own children on Indian culture at their homes. Thereby, their children can also derive immense benefits in their future lives. Also, in their future lives, such modern students, as elderly persons, can become the role models in the society. Thereby, other students and also the people around them in the society may get highly inspired and greatly influenced by their personal lives. And then, they may also be inspired and encouraged to follow and practise Indian culture in their personal lives and thereby, they can also derive great benefits in their personal lives.

As a sequel to the above, the entire society and the whole nation can derive great benefits.

## Modern Students, Indian Culture and Character Building

Rabi Chandra Udgata, Principal,  
Montessori Public School, Bolangir

विद्या ददाति विनयं विनयाद्वाति पात्रताम् ।

पात्रत्वाद्धनमाप्नोति धनाद्धर्मं ततः सुखम् ॥

(Learning bestows humility. Humility confers worthiness. Worthiness leads to attainment of wealth. With wealth, one performs *dharma* or right conduct. Performance of *dharma* or right conduct bestows happiness.)

### Modern Students

Our modern students are being brought up by their modern parents, educated by their modern teachers and come in contact with modern people around them in the society. Therefore, unfortunately, the vast majority of our modern students, as well as the vast majority of us, the grown-ups, are presently leading a life based on western culture, ignoring our own ancient Indian culture. This is due to two broad reasons. The first reason is that we were ruled by the Britishers for more than 200 years and have been educated in the western education system introduced by them by replacing our Indian education system. Therefore, we have been highly influenced by western thoughts and western culture; we imitate the same; and we build our lives and live the same on the pattern of western culture. The second reason is that, we are ignorant, for no fault of us, about our own culture as the same is not taught to us either at our homes or in our educational institutions. Also we do not study our ancient scriptures by our own accord; and we do not listen to the discourses of our Indian Saints and Sages and even if we happen to listen to the same, we, with western mind-set

created by our education imparted in the western education system, do not believe in their discourses and advices and do not accept the same.

The modern education system, being based on western culture, has been teaching us mainly two things, first, to earn money, acquire properties and amass wealth; and second, to enjoy the worldly comforts, luxuries by using the money so earned and the properties so acquired, and thereby, to enjoy from the same worldly pleasures through our various senses. Thereby, we seek to derive happiness and peace in our lives. But, it has been the experience of the vast majority of the modern grown-up men that the sensual pleasures so derived by them do not last long, and their extinction propel us to earn more and more money, acquire more and more properties; and by using the same, enjoy those sensual pleasures again and again. This cycle goes on without an end. Thereby, we fail to derive happiness that is permanent and consequently, we do not get peace that is eternal. Instead, this phenomenon gives in our lives sorrows and sufferings only. This is due to the fact that the happiness of the body, mind and senses and the resultant peace that are derived by using the perishable money and perishable properties are temporary only; and temporary things can not give permanent happiness and eternal peace in human life. Also, extinction of such temporary happiness and temporary pleasures results in bringing in further sorrows and sufferings in human life. In this way, we continue to suffer from sorrows and sufferings even in the midst of plentiful material prosperity and abundant sensual pleasures. In the process, a day comes when we meet our deaths; and thus, we live our precious human life purposelessly, and in sorrows and sufferings. In this way, we are living a materialistic and sensual life; and are continuing to suffer and suffer, without deriving permanent happiness and eternal peace in our lives.

Be good. Do good. — Swami Sivananda

Most of our modern students, being educated in the western education system and being ignorant of our great ancient Indian culture, follow the western culture, that too, superficially only. They imitate the dress, hair style, fashion, language, manners, etc. of the westerners. Their thought is shaped on the western manner. Their pattern of life is fashioned as per western style. They run after material growth and live a life full of fashion, passion, luxury, pleasures of body, mind and senses, etc. Thus, their future lives become predominantly materialistic and full of sensual pleasures, like the vast majority of our modern grown-up men. And therefore, their fate and plight become like that of our modern grown-up men as stated above.

### **Indian Culture**

On the other hand, our great, glorious, lofty and ideal ancient Indian Culture and our great ancient Indian education system teach us not only how to achieve material prosperity in an ethical and righteous manner and how to enjoy legitimate sensual pleasures but also how to live our day-to-day life righteously and how to pursue spirituality in our day-to-day lives; and thereby, how to attain permanent happiness and eternal peace in our lives; and thereby, how to live a purposeful and fruitful human life. In the language of our ancient scriptures, our ancient Indian Culture and our ancient Indian education system teach us how to achieve *Artha* (material prosperity), *Kama* (worldly sensual pleasures), *Dharma* (righteousness) and *Moksha* (spirituality) in human life and live the same completely, purposefully, fruitfully, happily, peacefully and ideally. This is the type of achievements which our ancient men were attaining in their lives and this is the pattern of human life which our ancient men were living. As such, there was both prosperity and peace everywhere, in the personal lives, in the families, in the society and in the nation.

In view of the above, it is most wise as also extremely important that our modern students are given education according to our ancient Indian education system based on our great, glorious, lofty and ideal ancient Indian Culture, combined with modern science and technology; and that they build their lives and live the same accordingly. And thereby, they can not only acquire true material prosperity and enjoy legitimate worldly pleasures, but also they can live their precious human lives righteously and spiritually and thereby, they can derive permanent happiness and eternal peace in their lives. And thus, they can live a complete, comprehensive, balanced, purposeful, worthy and ideal human life.

### **Character Building**

Noble character helps us to lay the foundation of our lives properly and strongly. Noble character also contributes a great deal in constructing the superstructure of our lives completely, properly, strongly and ideally according to our great ancient Indian culture. Noble character leads to performance of righteous actions and righteous actions shape our future destiny and bestow good results in our lives. Noble character bestows upon us success in all fields of human activities and all walks of human life. It is said to be the essence of man. Noble character is said to be synonymous with human beings. It builds human beings as "Real Human Beings". It is their greatest and most valuable asset in life. Therefore, our modern students greatly need to attach highest importance to building of noble character following our ancient Indian culture, that too, during their precious student life itself.

In this connection, it is most worthy to note what His Holiness Shri Swami Chidananda Saraswati says:-

**Quote:- "THE ESSENCE OF BHARATIYA CULTURE**

The essence of Bharatiya culture is character and the essence of character is in self-control, Samyama. All great

Be good. Do good. — Swami Sivananda

personalities are people endowed with self-control, all people who have become immortal — Bhishma, Harischandra, Lakshmana, Markandeya, Savitri, Sita, Shivaji, Rana Pratap — all had strength of character. Therefore develop the great ideals of self-control, character, virtue, will-power and mastery over one's senses."

### **"NEVER IMITATE THE WEST**

As the second important thing for all students and young people, I will make this request. NEVER IMITATE THE WEST in its superficial fashion and way of life. There is nothing more shameful than imitation of Western or alien cultures. It shows moral bankruptcy and that you have nothing of your own. Therefore you are trying to fill it with something which is not your own. It is most shameful for the youth of Bharatavarsha. One should never imitate.

If you want to emulate the West, emulate the good qualities of western society, cleanliness, punctuality, honesty. They are people with a sense of duty. They are industrious. They try to excel, to show their skill, they try to do their best and they are never idle. They are always conscious of their duty. In our country we don't imitate these higher qualities of western men and women, we only imitate that which is superficial. So imitation of fashion and passion, imitation of dress, hair-dress and life style — this is shameful, this is ignoble, this is not worthy."

### **"LEARN YOUR CULTURE:**

#### **BE PROUD TO BE A BHARATIYA**

Any person who is a Bharatiya should know that his culture is a rich culture. It is full of idealism. There are many great things to learn and copy for which western people come here. Therefore better learn your culture. Better find out the rich, noble qualities of your culture and be proud that you are a Bharatiya. Cultivate for yourself a Bharatiya life style, and that



Bharatiya life style is what I have just now described to you.

By the strength and power of character you can keep your senses subdued, you can control the little desires and passions of the mind - Asha, Trishna, cravings of the mind and be a master in your own home, not a slave in your house. Therefore avoid bad or impure company and do not imitate the western superficial life style. This is not necessary for us.

You must shine as an ideal Bharatiya and you must live in such a way. If western people come here they must see you and realise what you are. We have got enough light to banish the darkness that is prevailing in the material world. We have enough light to give them, to bring light upon their life's path. Guide them towards a higher goal. As a Bharatiya it is your privilege and duty to evolve this higher idealism. When you grow older you must be able to show the rest of the world the higher culture and higher ethical values for which your country stands. This is the real essence of your country's culture. Therefore do not imitate and avoid bad company." **Unquote**

In view of the above, it is most wise that our modern students follow our great ancient Indian Culture, get their education according to our ancient Indian education system, together with modern science and technology, and build their character rightly, and live their lives happily, peacefully, purposefully and ideally.

Our modern students should build their character during their student life itself. In this connection, His Holiness Shri Swami Chidananda Saraswati, highlighting the importance of building character by acquiring noble qualities during one's youth period, says:-

**Quote:- "THE GOLDEN PERIOD OF LIFE**

I will tell you, my beloved young friends, the individual's life between sixteen and thirty is the most precious period. That period of fourteen years is a golden period. It is the most precious

period. If this period is properly managed, if you are established in virtue, self-control, purity, truthfulness, then your entire life will be full of light, full of joy, full of success. Therefore, be most careful to mould yourself in this period. In whatever shape, in whatever pattern you put your life in these fourteen years, that pattern will remain throughout your life. It will become your permanent asset, Shashwata Dharma and Aishwarya (wealth). Therefore with eagerness, with enthusiasm, wisdom, try to mould yourself into an ideal pattern. Then you have already attained victory. Whatever seal or stamp is there in this period, it will remain forever.

But if you are careless, if you don't give attention to this period, if you allow it to go here and there, if you have no self-control, then you ruin yourself. If you don't attain the most important virtue of self-control at this period, then your life is lost. No one is to blame. Therefore pay special attention and try to acquire healthy, strong habits. Your whole life should contain healthy habits. And from your life you must keep out anything unhealthy, either physically, mentally or morally." **Unquote**

Our modern students ought to take note of the above, and make sincere, genuine and earnest efforts to build noble character during their student life and youth period following our great and glorious ancient Indian culture. This will be in their own interest and for their highest welfare and supreme good.

## Greatness of India (*Bharat*) and Greatness of Indian Culture (*Bharatiya Sanskruti*)

Sri Mohan Lal Agrawal

Indian Culture or *Bharatiya Sanskruti* consists of two words, viz. India or *Bharat* and Culture or *Sanskriti*. Let us discuss in brief about both these words.

### India or *Bharat*

The word "*Bharat*" or "*Bharata*", as spelled sometimes, consists of two words, i.e. "*Bha*" and "*Rata*". "*Bha*" means "*Jyoti*" or "Light" or "Illumination" and "*Rata*" means "Engaged". Hence, "*Bharat*" or "*Bharata*" means the country where the people are engaged in the higher pursuit of acquiring "Light" or "Illumination" or "Wisdom" in order to live a complete and fulfilled life of happiness and peace, besides achievement of true material prosperity and fulfillment of legitimate vital worldly desires. Accordingly, it is stated, our country has been named as "*Bharat*" or "*Bharata*".

The name "*Bharat*" has also some *pauranik* (described in our Holy *Puranas*), geographical and historical origin or connotation.

It is stated in our Holy Scriptures that *Swayambhuva Manu* was the son of Lord *Brahma*, the Creator. *Swayambhuva Manu's* son was *Priyabrata*, *Priyabrata's* son was *Agnidhra*, *Agnidhra's* son was *Navi* and *Navis's* son was *Rishabha*. *Rishabha* was the *amsha* or part of the Lord *Vasudev* or God. *Rishabha* took incarnation in order to teach and propagate the ways to attain *Moksha* or liberation of the

individual soul from the cycle of births and deaths. *Rishabha* was the pious king of the country named *Ajanabhavarsha* located in the *Jambu Dweepa*. *Jambu Dweepa* is one of the seven island continents upon the earth plane. *Jambu Dweepa* is regarded as the best amongst all island continents. King *Rishabha* had one hundred sons, all adept in the *Vedas*. The eldest among them was the King-*Rishi Bharata* or *Rajarshi Bharata*. *Rajarshi Bharata* was a most beloved devotee of *Bhagavan Narayana*. *Rajarshi Bharata* was a noble, pious and righteous ruler. His country, viz. *Ajanabhavarsha*, was named after him as "*Bharatavarsha*" or "*Bharatakhanda*". This is the *pauranik* (described in our Holy *Purana* viz. *Srimad Bhagavad Mahapurana*) name of our country "*Bharat*".

*Bharat*, in the ancient time, was also known as "*Brahmavarta*". Because, the people of this sacred land were engaged in the quest of *Brahma*, the Supreme Being. *Bharat* was also called "*Aryavarta*", the abode of *Aryans*. Because, the people of this country belonged to the "*Aryan Race*". And, during the time of *Manu*, the people from other countries of the world were coming to *Bharat* for acquiring knowledge or *vidya* from the teachers, called *Aryans*, living in this "*Aryavarta*". Therefore, the name of our country *Bharat* was "*Aryavarta*" also.

When the river *Saraswati* got extinct, that part of the great *Aryan* race which migrated from central Asia\*, through the mountain passes into India, settled first in the districts near the river *Sindhu*, now called *Indus*, on the other side of the river. Those people, on the opposite side of the river *Sindhu*, were called *Paarasthani* or *Parasi* or *Parsi*. The *Parasis* or the *Parsians* pronounced the word *Sindhu* as *Hindu* and named their *Aryan* brethren as *Hindus*. As such, the people of this country were called *Hindus* and this country

was called *Hindusthan* or the abode of the *Hindus*.

The Greeks called the *Hindus*, on the other side of the river *Sindhu*, now called the *Indus*, as "*Indel*", which was subsequently pronounced as "*India*". And hence, *Bharat* is called India.

\* (Latest historical researches are said to have now proved that the *Aryans* did not come from outside India, but were the original inhabitants of India.)

### **Greatness of India or *Bharat***

The special features or characteristics or greatness of our country India or *Bharat* are innumerable and can not be described in details. However, some most important features or characteristics or greatness are stated as under:-

(1) *Bharat* is a sacred land where God, the Almighty Supreme Lord Himself takes incarnation in every age, plays His Divine Sports or *Leelas*, reestablishes "*Dharma* or righteousness", protects "*Dharmik* people or righteous people" and destroys "*Adharmik* people or wicked people".

(2) *Bharat* is a sacred land where the *Rishis*, *Munis*, Saints, Sages, Prophets and Godmen take births frequently in every age, teach and propagate *dharma* (righteousness) and *aadhyatma* (spirituality) to the people and guide, inspire and encourage them to live *dharmik* (righteous) and *aadhyatmik* (spiritual) life in order to achieve the supreme goal of ideal human life, i.e. *Moksha* or Liberation of soul from the bondage of births and deaths, called God-realisation or Self-realisation, and to live their life successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully.

(3) *Bharat* is a sacred land where the people in general live a *dharmik* (righteous) and *aadhyatmik* (spiritual) life. They strictly and meticulously adhere to *dharma* (righteousness) as the primary, fundamental and foundational

grand goal of life and practise *aadhyatmikata* (spirituality) as the *summum bonum* or the supreme grand goal or the greatest grand goal of life. Even the so-called uneducated, common men like washer men, fisher men, barbers, potters, cobblers, etc. believe in, practise and speak of God, *Dharma* and *Adhyatma*. The people of this land believe in and adhere to "Simple Living and High Thinking".

(4) *Bharat* is a sacred land where the people, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great ancient culture, believe in the principles of (a) Common Fatherhood of one God (b) Universal Brotherhood of all human beings upon this earth planet, (c) The Whole Universe is One Family (वसुधैव कुटुम्बकम्); and (d) May all people of the world be free from diseases, (सर्वे सन्तु निरामयाः), (e) May all people of the world become prosperous, (सर्वेषां मङ्गलं भवतु), (f) May all people of the world become happy, (सर्वे भवन्तु सुखिनः), (g) May all people of the world become peaceful, (सर्वेषां शान्तिर्भवतु), etc. Keeping this in view, the people of this country understand, accept and tolerate the people of all other countries of the whole world and their religions and their cultures. The people of this country also contribute to and maintain unity of religions and offer prayer to the Almighty Supreme Lord for the welfare, safety, happiness and peace of all people of all countries throughout the whole world.

(5) *Bharat* is a sacred land where the people, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great ancient culture, see the whole creation as the manifestation of God, the Almighty Supreme Lord; and therefore, they believe, accept and see the presence/existence of God not only in all human beings all over the world but also in all other animate beings such as animals and insects, and plants and trees, and even in all inanimate things including stones and mountains.

Therefore also, they look to and work for the welfare and safety of all of them.

(6) *Bharat* is a sacred land where the Celestial Beings living in the heaven long to take birth so that they can pursue spirituality and attain liberation of soul or *Moksha*.

(7) *Bharat* is a sacred land where the people of this country call it as their "Mother", i.e. "*Bharat Mata*" and consider themselves as her sons and daughters. They call the world or *prithwivi* also as their "Mother".

(8) *Bharat* is a sacred land, the Holy ancient Spiritual Scriptures, i.e. *Vedas*, *Upanishads*, *Smritis*, *Puranas*, *Bhagavad Gita*, *Ramayana*, *Mahabharata*, etc., of which are full of supreme religious and spiritual wisdom and are unique in the world,

(9) *Bharat* is a sacred land, whose language, viz. Sanskrit is sweet, scientific, great and unique and which is the mother of all other languages of India as well as of the world, and which is called "*Deva Bhasa*" (the language of the Celestial Beings),

(10) *Bharat* is a sacred land, which was the World Teacher which taught religious and spiritual wisdom teachings to the people all over the world through Yoga and Vedanta; and whose contribution to the world is supreme, great, unparallel and unique,

(11) *Bharat* is a sacred land, which was the World Teacher not only in religion and spiritual science but also in the fields of secular sciences, including health and medicine science through ayurveda, mathematics, astronomy, astrology, space science and technology, aero engineering, metallurgy, economics, laws, etc.; and whose contribution to the world is great, unparallel and unique. The ancient Indian *Rishis*, *Munis*, Sages, Scientists, Teachers, Scholars, Doctors made many original inventions and discoveries in different fields, a few of which are furnished below:-

Name of Indians	Name of inventions and discoveries	Period of inventions and discoveries
Pingalachrya	Discovery and use of zero	200 BC
Vishnusruthi	Loans and interest	100 BC
Boudhayana	Pythagorus Theorem	700 BC
Pingalachrya	Binomical Theorem	200 BC
Aryabhatta - I	Arc and Chord	499 AD
Aryabhatta - I	Triangles	499 AD
Brahmagupta	Rotation of Earth - I	629 AD
Lallacharya	Shape of Earth	700 AD
Saayana	Velocity of Light	1400 AD
Gouthama	Evolution Theory	300 BC
Kanaada	Atomic Theory	300 BC
Varahamihir	Comets	505 AD
Bhaskar - II	Gravity	1114 AD
Susrutha	Cataract operation	700 BC
Charaka	Blood circulation	300 BC

(Courtesy: Bhavan's Journal, November 15, 2012)

(12) *Bharat* is a sacred land, of which the seven great *Rishis*, viz. *Atri*, *Bhrigu*, *Angira*, *Gautam*, *Vashistha*, *Bharawaj* and *Viswamitra* find a permanent place in the sky,

(13) *Bharat* is a sacred land, where four eminent spiritual "*Dhams*" or four Great Holy Places, viz. *Badrinath Dham*, *Jagannath Dham*, *Rameshwar Dham* and *Dwarika Dham* exist,

(14) *Bharat* is a sacred land, of which the seven "*Puris*" or Towns, viz. *Ajodhya*, *Mathura*, *Haridwar*, *Kashi* or *Banaras* or *Varanasi*, *Kanchi*, *Abantika (Ujjayini)*, and *Dwarika* are holy and sacred and are the bestower of *Moksha* or liberation to their inhabitants,

(15) *Bharat* is a sacred land, of which the seven mountains or hills, viz. *Himalayas*, *Aaraabali*, *Bindhyanchala*, *Raibataka (Girnar)*, *Mahendra*, *Malaya*,



*Sahayadri (Nilagiri)* are holy and sacred,

(16) *Bharat* is a sacred land, of which the seven rivers, viz. *Ganga, Jamuna, Saraswati, Narmada, Sindhu, Kaberi* and *Godabari* are holy and sacred,

(17) *Bharat* is a sacred land, of which the five "Saraboras" or ponds viz. *Bindu Sarobara, Narayana Sarobara, Pampha Sarobara, Puskara Sarobara* and *Manasarobara* are holy and sacred,

(18) *Bharat* is a sacred land, where there are "Sada Ritus" or six seasons during the year, viz. *Basanta Ritu* (*Chaitra* and *Baisakha* months — Spring - March and April), *Grisma Ritu* (*Jyestha* and *Aashadha* months — Summer - May and June), *Varsa Ritu* (*Shrabana* and *Bhadraba* months — Monsoon - July and August), *Sharad Ritu* (*Aashwina* and *Kartika* months — early Autumn - September and October), *Hemanta Ritu* (*Margasir* and *Pausa* months — late Autumn - November and December) and *Sishira Ritu* (*Magha* and *Phalguna* months — Winter - January and February).

(19) *Bharat* is a sacred land, where trees and plants like *Peepal, Ashwatatha, Bara, Amala, Banana, Chandan, Bilwa, Mango, Tulasi*, etc. are regarded as holy.

(20) *Bharat* is a sacred land, where the people belonging to various religions and various cultures live together happily as Universal Spiritual Brothers and also as *Bharatiyas* with friendship, unity, harmony and peace.

(21) *Bharat* is a sacred land, which understands, accepts and tolerates multiple religions and multiple cultures in the country.

### **Culture or Sanskruti**

Culture means "*Sanskruti*". "*Sanskruti*" comes from the word "*Sanskar*". "*Sanskar*" means transformation or refinement or purification of thought, behaviour, conduct and nature of human beings. While this is the internal aspect of

culture, its external aspect is reflected in the numerous practices prevalent in the outward day-to-day life of the people.

Culture can be said to be comprised of certain specific principles, values, beliefs, faiths; as well as some practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions which the human beings inhabiting in a particular geographical area have been adopting and applying in different spheres of their day-to-day life upon the earth plane. Those specific principles govern the thought, behaviour, conduct and nature of the people in their day-to-day life and living; and those practices are observed by the people in their day-to-day outward life and living. Thus, those principles and practices form the part and parcel of and constitute their particular "way of life". Those specific principles and practices also give a separate identity to the group of people inhabiting in that geographical area; and distinguish their culture from the cultures of the peoples of other geographical areas.

Before we discuss further on this topic, it is very pertinent to note here that Indian Culture or *Bharatiya Sanskruti* refers to the composite culture of thousands and one distinct and unique cultures of various sections of people belonging to different localities, states, union territories, nationalities, religions, faiths, beliefs, communities, castes, creeds, colours, classes, sections, etc. of this vast, diverse and pluralistic country. Therefore, Indian Culture or *Bharatiya Sanskruti* is comprised of the several cultures of all such divisions or sections of people living in this country. In this small write-up, it is not possible to discuss the entire Indian Culture or *Bharatiya Sanskruti*. Therefore, we will confine our brief discussion to Indian Culture or *Bharatiya Sanskruti*, (also known as *Hindu Sanskruti*, as we will discuss

later), which is being professed since the most ancient times by the people who belong to *Hindu* religion only and who are the original inhabitants of India or *Bharat*, and who constitute the vast majority of the population of this country.

Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* means the specific principles, values, beliefs, faiths; and practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions which the *Hindu* People or *Hindu Janata* of the country, known as India or *Bharatavarsha*, have been applying and adopting in different spheres of activities in their day-to-day life. Those principles, values, beliefs, faiths, etc.; and those practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions, etc. are derived from the *Holy Hindu* Scriptures and the Holy Lives of the *Hindu Rishis, Munis, Saints, Sages* of this sacred land of *Bharatavarsha*. The said practices have been exhorted by the *Hindu Rishis, Munis, Saints, Sages* of this sacred land of *Bharatavarsha* after examining those practices from the spiritual, religious, philosophical, social, scientific, rational angles; after applying those in their day-to-day personal life and after finding those practices as most worthy and most beneficial in human life.

Indian Culture or *Bharatiya Sanskruti* is based on the *Vedas* and therefore, it is known as *Vaidika Sanskruti* or *Vedic Sanskruti*. (The *Vedas* are said to have come from the heart of the Almighty Supreme Lord through His nostrils. The *Vedas* are said to have been revealed by God to the great *ancient Rishis* and Seers of this sacred land of *Bharatavarsha*. The *Vedas* are the records of the super-intuitive experiences gained by those great *ancient Rishis* and Seers. Therefore, the *Vedas* are called *Apaurusheya* or entirely super-human without any human author. The *Vedas* are the most ancient

and the oldest scriptures of the world as nobody knows when they were revealed by God to the ancient *Rishis* and Seers. The *Vedas* are universal, unique, unparalleled, sublime, lofty, grand, greatest and ideal scriptures of the world and are meant for the entire human race upon the earth plane.

Indian Culture or *Bharatiya Sanskruti* is also known as *Hindu Sanskruti*. Because, since the most ancient times, the people, the original inhabitants, of this country are being called as *Hindus*, and therefore, the Culture or *Sanskriti* adopted by them is called *Hindu Sanskruti*. (Much later, the people belonging to other religions also commenced living in this country India or *Bharat*.)

Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* comprises many such principles and practices of the *Hindu* people living in this sacred land of *Bharatvarsha*. Some most important such principles are "Four Grand Goals" (*Purushartha Chatustaya*) of human life, "Four Stages" (*Ashrama Chatustaya*) of human life, "Four Classes" (*Varna Chatustaya*) of human beings in the society, "Four Spiritual Qualifications" (*Sadhana Chatustaya*), "Law of Action" (*Karmaphala Siddhanta*) and the "Doctrine of Rebirth" (*Punarjanma Siddhanta*). The practices, observances, rites, rituals, festivals, ceremonies, provisions, arrangements, customs, traditions, methods of worship, etc. of the Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* are prevalent/ found in different spheres of human activities in the day-to-day life of the *Hindu* people of this country including births, marriages, deaths, food, dresses, fashions, hair style, dance, drama, art, music, sculpture, scriptures, literature, worship, etc. Those principles and practices constitute the part and parcel of their specific "way of life". In this small write-up, we will discuss in brief about some very important principles and practices of Indian Culture or

*Bharatiya Sanskruti* in the following paragraphs.

One important principle of Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti* is the principle of "Four Grand Goals" (*Purushartha Chatustaya*) of human life. Those are *Dharma* or Ethical value, *Artha* or Economic value, *Kama* or Vital value and *Moksha* or Spiritual value.

The first grand goal of human life is *Dharma* or Ethical value. The word *Dharma* is a Sanskrit word and is said to be derived from the root *Dhr* - to hold, - and its etymological meaning is 'that which holds' this world, or the people of the world or the whole creation from the microcosm to the macrocosm.

“धारणाद् धर्ममित्याहुर्धर्मो धारयति प्रजाः।” (महाभारत)

It is stated as the eternal Divine Law of God, the Almighty Supreme Lord. *Dharma* generally means performance of one's prescribed duties keeping in view his nature (*Varna*) and stage (*Ashrama*) in life. *Dharma* is also generally stated as righteousness expressed in the day-to-day conduct in human life. Further, *Dharma* means ethical values like truthfulness, non-violence, purity, honesty, love, compassion, forgiveness, tolerance, selflessness, brotherhood, etc. These values are said to be the essentials or the internal aspect of *Dharma*. These values are common human values and are universal in nature, meant to be practised by all human beings upon this earth plane irrespective of their religion, nationality, cast, creed, faith and belief. *Dharma* also means the different practices, observances, customs, traditions, rites, rituals, ceremonies, festivals, methods of worship of God, etc. which the people belonging to various *dharmas* or religions have adopted in their day-to-day life. These practices are said to be the non-essentials or the external aspect of *Dharma*. These practices are different in different *dharmas* or religions, faiths, beliefs,

castes, creeds, sects, nations, etc. of the world and are meant to be practised by the respective followers of different *dharma*s or religions of the world. These differences are due to, as our Saints and Sages say, different types of aptitudes, temperaments, capacities, etc. of different human beings; and also different social needs and cultural traditions of different sections of people in different historical times and in different geographical areas in different parts the world.

*Dharma* is also said by our Saints and Sages to be the relationship amongst human beings, the world and God, the Creator.

*Dharma* is regarded as the first, foremost, fundamental, foundational and basic value in human life. This is also the primary value or primary grand goal of ideal human life. *Dharma* is indispensable in human life.

The second grand goal of human life is *Artha* or Economic value. *Artha* means earning of money and acquiring of material wealth. Human beings need *Artha* to meet the basic and other secular necessities of life of themselves and their family members, such as food, clothing, house, medicines, education of children, their marriages, engagement in some occupation/business/profession, etc., in order to help/ ensure their earthly physical existence and to live a reasonably comfortable life upon the earth plane. They require *Artha* also to meet their various kinds of social and national needs and obligations. In addition, they need *Artha* to carry out their *Dharmik* (religious) and *Aadhyatmik* (spiritual) pursuits/ activities in life.

*Artha* is the secondary value or secondary grand goal of ideal human life. *Artha* is inevitable in human life.

The third grand goal of human life is *Kama* or Vital value. It means fulfillment of various types of vital worldly and secular human desires i.e. physical, biological, mental,

psychological and emotional desires. With the help of *Artha* or money and material wealth, human beings fulfill their various vital worldly and secular desires.

Like *Artha*, *Kama* is the secondary value or secondary grand goal of ideal human life. *Kama* is also inevitable in human life.

The fourth grand goal of human life is *Moksha* or Spiritual value. It means attainment of *Moksha* or liberation of soul from the cycle of births and deaths or union of the individual soul with the Supreme Soul, its original source. It is called Self-realisation or God-realisation.

*Moksha* is the supreme value or supreme grand goal of human life. Like *Dharma*, *Moksha* is also the primary grand goal of ideal human life. *Moksha* is indispensable, rather most indispensable, in human life.

Next, let us discuss in brief about the principle of "Four Stages" (*Ashrama Chatustaya*) of human life. Those are *Brahmacharya Ashrama* or student life, *Grihastha Ashrama* or householder's life, *Vanaprastha Ashrama* or retired life and *Sannyasa Ashrama* or renounced life.

The first stage of human life is *Brahmacharya Ashrama* or student life. Student life and youth period is extremely precious, because during this period the human mind remains in a very tender and impressionable state and therefore, this stage is very conducive for building one's life. During this stage, one equips himself with all that is necessary in order to live the next three stages of human life successfully, prosperously, happily and peacefully. During this stage, he builds his life by laying its foundation properly and strongly, with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. He also builds the superstructure of his future life completely, properly, strongly and nicely, with adherence to

righteousness or ethical code of conduct, acquiring of money and material wealth, fulfillment of vital worldly desires and attainment of liberation of soul from the cycle of births and deaths. Students build their lives in the above manner so that they can live a successful human life, i.e. for living the human life both economically and materially prosperously as well as spiritually happily and peacefully.

The second stage of human life is *Grihastha Ashrama* or householder's life. Having built a proper and strong foundation of life during the student life and youth period, students get married and enter into householders' life. During such life, the householders procreate children in order to keep up their lineage and fulfill the divine wish of *Lord Brahma*, The Creator, i.e. continuing the Creation. They earn money and acquire material wealth in order to meet their day-to-day basic and other secular necessities of the earthly life of themselves and their family members such as food, clothing, house, medicines, education of children, their marriages, engagement in some occupation/business/vocation/profession, etc. in order to ensure their physical existence and to live a reasonably comfortable life upon the earth plane; meet their various kinds of family, social and national needs, duties, responsibilities and obligations; carry out their *Dharmik* (religious) and *Aadhyatmik* (spiritual) pursuits in life, etc. During *Grihastha Ashrama* or householder's life, they also perform their duties and responsibilities towards the people belonging to other three *Ashramas*, i.e. *Brahmacharya Ashrama* or student life, *Vanaprastha Ashrama* or retired life and *Sannyasa Ashrama* or renounced life.

The third stage of human life is *Vanaprastha Ashrama* or retired life. Having fulfilled the duties of the householder's life as stated above, raising children, arranging their



education, making them capable of standing on their own legs and finishing their marriage, the householders take retirement from their professional life as well as family life and lead a retired life. With enough leisure time and vast professional experience and expertise, they render selfless service or *paropakara* to the people of the society during this stage. Also, the husbands and the wives gradually start remaining away from their family life, and they, together, start devoting their time for pilgrimage, study, prayer, meditation, etc. Thus, they start preparing themselves for the last journey. Then they start getting detached from the secular life and attached to the spiritual life. This stage is thus a preparation for the fourth and the last stage of human life.

The fourth stage of human life is *Sannyasa Ashrama* or the life of renunciation. This is the last stage of human life. This is the sun-set period in one's life when all worldly relationship and connections are now coming to a close. During this period, one devotes his full time in his spiritual pursuit of Yoga and Vedanta and lives a completely spiritual life. He detaches his mind from the passing world and fixes the same upon the Almighty Supreme Lord. He remains absorbed in contemplation of God and moves towards God-experience or Self-realisation. This is the supreme grand goal of ideal human life, which results in *Moksha* or liberation of the soul from the cycle of births and deaths or union of the soul with the Supreme Soul, which alone bestows everlasting happiness and eternal peace.

Next, let us discuss in brief about the principle of "Four Divisions or Four Classes" (*Varna Chatustaya*) of people in the human society. Those are *Brahmana* class, *Kshatriya* class, *Vaishya* class and *Shudra* class. (In this connection, it is most significant to note here that the correct meaning or the correct interpretation of the Sanskrit word "*Varna*" is said

to be "Division" or "Class" or "*Shreni*" of people in the human society according to one's (i) nature or aptitude or "*Svabhava*" or quality or "*Guna*" and (ii) duty or conduct or kind of work or "*Karma*", but not "Caste" or "*Jati*" of people in the human society according to one's birth. It is said by the *Rishis*, *Munis*, Saints and Sages to be "division of work" of people in the society. It is also said by the *Rishis*, *Munis*, Saints and Sages to be "classification" of people but not "castification" of people.)

The philosophers, teachers, priests, pundits, ministers, counsellors, etc. who have the aptitude for knowledge and wisdom are called the *Brahmanas*. They were looking after the spiritual and intellectual affairs of the people in the country. The warriors who defend the country and protect the people and fight with enemies and invaders are called the *Kshatriyas*. They were in charge of political and defence works of the country. Those who carry on business and agriculture are called the *Vaishyas*. They were taking care of the food and economic affairs of the people of the country. The others who serve the said three classes of people are called the *Shudras*. They were doing the menial works in the society.

This principle of "Four Divisions or Four Classes" (*Varna Chatustaya*) of people has its origin in the *Vedas*, the most ancient scripture of the human race in the world. *Purusha-Sukta* of the *Rig-Veda*, verse number 13 says as under:-

“ब्राह्मणोऽस्य मुखमासीत् । बाहू राजन्यः कृतः ।

ऊरु तदस्य यद्वैश्यः पद्भ्यां शुद्रो अजायत ॥” (पुरुषसूक्तम्-१३)

"The *Brahmanas* came out from the face of the Lord, the Creator, the *Kshatriyas* from His arms, the *Vaishyas* from His thighs and the *Shudras* from His feet."

In the *Srimad Bhagavad Mahapurana* also (*Skandha*/

Part-11, Chapter - 17, Verses -13 & 14), *Bhagavan Sri Krishna* tells *Uddhaba* that:-

“विप्रक्षत्रियविट्शूद्रा मुखबाहूरुपादजाः ।

वैराजात् पुरुषाज्जाता य आत्माचारलक्षणाः ॥”

(श्रीमद् भागवत महापुराण, स्कन्ध - ११, अध्याय - १७, श्लोक - १३)

“गृहाश्रमो जघनतो ब्रह्मचर्यं हृदो मम ।

वक्षःस्थानाद् वने वासो न्यासः शीर्षणि संस्थितः ॥”

(श्रीमद् भागवत महापुराण, स्कन्ध - ११, अध्याय - १७, श्लोक - १४)

"The *Brahmanas* came out from the face of the *Virata Purusha*, the *Kshatriyas* from His arms, the *Vaishyas* from His thighs and the *Shudras* from His feet. They are identified according to their own nature (*svabhava*) and conduct (*aacharana*). *Bhagavan Sri Krishna* further tells *Uddhaba* that He is also the *Virata Purusha*; hence, *Grihashashrama* came out from His thighs, *Brahmacharyashrama* from His Heart, *Vanaprasthashrama* from His chest and *Sanyasashrama* from His head."

Also, *Lord Krishna* states in the *Bhagavad Gita* that:-

“चातुर्वर्ण्यं मया सृष्टं गुणकर्मविभागशः ।

तस्य कर्तारमपि मां विद्यकर्तारमव्ययम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - ४, श्लोक - १३)

"The four castes were emanated by Me, by the different distribution of qualities and actions. Know Me to be the author of them, though the actionless and inexhaustible." (*Bhagavad Gita*, Chapter - IV - 13).

As regards the three qualities or *Gunas* of human beings viz. *Sattva* (purity), *Rajas* (passion) and *Tamas* (inertia), which are born of nature; and the duties performed by the four classes of people, viz. *Brahmanas*, *Kshatriyas*, *Vaishyas* and *Shudras*, according to their nature or *Svabhava*, *Lord Krishna* says in the *Bhagavad Gita* as under:-

“न तदस्ति पृथिव्यां वा दिवि देवेषु वा पुनः ।

Be good. Do good. — Swami Sivananda

सत्त्वं प्रकृतिजैर्मुक्तं यदेभिः स्यात्त्रिभिर्गुणैः ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४०)

"There is no being on earth or again in heaven among the gods, that is liberated from the three qualities born of Nature". (*Bhagavad Gita*, Chapter - XVIII - 40)

“ब्राह्मणक्षत्रियविशां शूद्राणां च परन्तप ।

कर्माणि प्रविभक्तानि स्वभावप्रभवैर्गुणैः ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४१)

"Of *Brahmanas*, *Kshatriyas* and *Vaishyas*, as also of *Sudras*, O *Arjun*, the duties are distributed according to the qualities born of their own nature". (*Bhagavad Gita*, Chapter - XVIII - 41)

“शमो दमस्तपः शौचं क्षान्तिरार्जवमेव च ।

ज्ञानं विज्ञानमस्तिक्यं ब्रह्मकर्म स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४२)

"Serenity, self-restraint, austerity, purity, forgiveness and also uprightness, knowledge, realisation, and belief in God are the duties of the *Brahmanas*, born of (their own) nature". (*Bhagavad Gita*, Chapter - XVIII - 42),

“शौर्यं तेजो धृतिर्दाक्ष्यं युद्धे चाप्यपलायनम् ।

दानमिश्वरभावश्च क्षात्रं कर्म स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४३)

"Prowess, splendour, firmness, dexterity and also not fleeing from battle, generosity and lordliness are the duties of the *Kshatriyas*, born of (their own) nature". (*Bhagavad Gita*, Chapter - XVIII - 43),

“कृषिगौरक्ष्यवाणिज्यं वैश्यकर्म स्वभावजम् ।

परिचर्यात्मकं कर्म शूद्रस्यापि स्वभावजम् ॥”

(श्रीमद् भगवद् गीता, अध्याय - १८, श्लोक - ४४)

"Agriculture, cattle-rearing and trade are the duties of the *Vaishyas* (Merchants), born of (their own) nature"; and action consisting of service is the duty of the *Shudras*

(servant-class) born of (their own) nature". (*Bhagavad Gita*, Chapter - XVIII - 44).

Further, there are three qualities or *Gunas* as has been described in our Holy ancient Spiritual Scriptures, viz. *Sattva* (purity), *Rajas* (passion) and *Tamas* (inertia). These three qualities are stated to be found in varying proportions in the human beings. Those persons in whom *Sattva Guna* (purity) preponderates are called *Brahmanas*. In some persons in whom *Rajas Guna* (passion) is predominant are called *Kshatriyas*. In those persons in whom *Tamas Guna* (inertia) is predominant are called *Vaishyas* or *Shudras*.

It is also stated that when *Sattva Guna* is predominant in the mind of a person, he is called a *Brahmana*, when *Rajas Guna* prevails in his mind, the same person is called a *Kshatriya* and when *Tamas Guna* predominates his mind, he is called a *Vaishya* or a *Shudra*. Thus, even if the person is the same, he is called either a *Brahmana* or a *Kshatriya* or a *Vaishya* or a *Shudra* depending upon the *Guna* which is found predominant in his mind at a particular period of time.

Accordingly, as our *Rishis*, *Munis*, Saints and Sages say, if one is a *Brahmana* by birth having been born in a *Brahmin* family but leads an immoral and unethical life, he can not be called a *Brahmana*, but as a *Shudra* even if born in a higher or *Brahmana* family. Similarly, even if one is a *Shudra* having been born in a lower or *Shudra* family, but if he leads a virtuous and pious life, he can be called a *Brahmana*.

There have been some wrong interpretations or aberrations of *Varnashrama* and some have abused the caste system. One major aberration is that in course of time, the son of a *Brahman* performed the duties of his father, following it as the family traditional occupation, irrespective of whether he is fit for becoming a *Brahman* or not. This phenomenon continued generation after generation. Thus, the

son of a *Brahman* was called a *Brahman*. The same phenomenon was observed in cases of *Kshatriyas*, *Vaishyas* and *Shudras* also. As such, aberration was observed in the original caste system based on distribution of qualities and actions, and it was mistakenly believed that castes are determined not by the different distribution of qualities and actions but chiefly by one's birth. But this notion, as our Saints and Sages say, is incorrect. This is a wrong interpretation of the wonderful caste system. Therefore, it needs to be shunned.

A prominent abuse of the caste system is that people belonging to some castes started considering themselves as superiors to others by mere birth, without possessing the required qualities, and consider others as inferiors to them. For example, the *Brahmans* think that they are superior and the *Kshatriyas*, *Vaisyas* and *Sudras* are inferior to them. Similarly the *Kshatriyas* think that the *Vaisyas* and *Sudras* are inferior to them, and the *Vaisyas* think that the *Sudras* are inferior to them. Our Saints and Sages say that this consideration is against the original idea and spirit of the wonderful caste system and therefore, it needs to be shunned.

Regarding the caste system, Swami Sivananda Saraswati says, amongst other things, that:-

**Quote: "THE LAW OF SPIRITUAL ECONOMICS"**

The underlying principle in caste system or Varna Dharma, is division of labour. Rishis studied human nature carefully. They came to the conclusion that all men were not equally fit for all kinds of work. Hence, they found it necessary to allocate different kinds of duties to different classes of people, according to their aptitude, capacity or quality. The Brahmanas were in charge of spiritual and intellectual affairs. The work of political administration and defence was given to the Kshatriyas. The Vaisyas were

entrusted with the duty of supplying food for the nation and administering its economic welfare. The Sudras did menial work. The Rishis felt all these needs of the Hindu nation and started the system of Varnas and Asramas.

This division of labour began in Vedic times. The Vedas taught that the Brahmana was the brain of the society, the Kshatriya its arms, the Vaisya its stomach, and the Sudra its feet.

There was a quarrel between the senses, the mind and the Prana as to who was superior. There was a quarrel amongst the different organs and the stomach. If the hands quarrel with the stomach; the entire body will suffer. When Prana departed from the body, all the organs suffered. The head or stomach cannot claim its superiority over the feet and hands. The hands and feet are as much important as the stomach or head. If there is quarrel between the different castes as to which is superior, then the entire social fabric will suffer. There will be disharmony, rupture and discord. A scavenger and a barber are as much important as a minister for the running of the society. The social edifice is built on the law of spiritual economics. It has nothing to do with superiority or inferiority. Each class contributes its best to the common weal or world-solidarity. There is no question of higher and lower here." **Unquote.**

Swami Sivananda Saraswati also says that **Quote:** "In the West and in the whole world also, there is Varnashrama, though it is not rigidly observed there. Some Western philosophers have made a division of three classes, viz., philosophers, warriors and masses. The philosophers correspond to the Brahmanas, warriors to Kshatriyas and the masses to Vaisyas and Sudras. This system is indispensable to keep the society in a state of perfect harmony and order." **Unquote.**

Swami Sivananda Saraswati further says that:-

**Quote: "USE AND ABUSE OF THE CASTE**

Be good. Do good. — Swami Sivananda

### SYSTEM

The Hindus have survived many a foreign conquest on account of their caste system. But they have developed class jealousies and hatred in the name of the caste system. They have not got the spirit of co-operation. That is the reason why they are weak and disunited today. They have become sectarians in the name of the caste system. Hence there is degradation in India.

The caste system is, indeed, a splendid thing. It is quite flawless. But the defect came in from somewhere else. The classes gradually neglected their duties. The test of ability and character slowly vanished. Birth became the chief consideration in determining castes. All castes fell from their ideals and forgot all about their duties. Brahmanas became selfish and claimed superiority over others by mere birth, without possessing due qualifications. The Kshatriyas lost their chivalry and spirit of sacrifice. The Vaisyas became very greedy. They did not earn wealth by honest means. They did not look after the economic welfare of the people. They did not give charity. They also lost the spirit of sacrifice. Sudras gave up service. They became officers. They wished that others should serve them. The greed and pride of man have created discord and disharmony.

There is nothing wrong in Varnasrama. It is arrogance and haughtiness in men that have brought troubles. Man or the little Jiva is imperfect. He is full of defects. He is simply waiting for claiming superiority over others. The Brahmana thinks that the other three castes are inferior to him. The Kshatriya thinks that the Vaisya and Sudra are inferior to him. A rich Sudra thinks that he is superior to a poor Brahmana or a poor Kshatriya or Vaisya.

At the present moment, the Varnasrama system exists in name only. It has to be rebuilt properly. Brahmanas, Kshatriyas, Vaisyas and Sudras, who have fallen from their



ideals and who are not doing their respective duties, must do their respective duties properly. They must be educated on right lines. They must raise themselves to their original lofty level. The sectarian spirit must die. They should develop a new understanding heart of love and devotion, with a spirit of co-operation, sacrifice and service." **Unquote**

Next, let us discuss in brief about the principle of "Four Spiritual Qualifications" (*Sadhana Chatustaya*) which one must acquire in order to enter into the spiritual pursuit for realisation of the Supreme Being. Those are *Viveka* (discrimination), *Vairagya* (dispassion), *Shat-sampat* (six-fold virtues) and *Mumukshutva* (strong yearning for liberation).

The first Spiritual Qualification is *Viveka* (discrimination). It means exercising of our intelligence for our own good and welfare, i.e. discrimination between righteousness (*dharma*) and unrighteousness (*adharma*), truth (*sad*) and untruth (*asad*), permanent (*nitya*) and temporary (*anitya*), Self (*Atma*) and non-Self (*Anatma*).

The second Spiritual Qualification is *Vairagya* (dispassion). *Raga* means attachment or *Asakti*. *Vairagya* means detachment or *Anasakti*. *Vairagya* means developing disgust or turning away from all that is ignoble, gross, petty and unworthy and developing love for all that is noble and worthy. *Vairagya* means detachment towards the former and attachment towards the latter.

The third Spiritual Qualification is *Shat-sampat* (six virtues). Those are:-

(1) *Sama* (mental control and discipline):- Practice of *Sama* leads to control of the five *Jnana-Indriyas* (organs of knowledge), viz. ears, skin, eyes, tongue (taste) and nose (smell).

(2) *Dama* (restraint of senses):- Practice of *Dama* leads to control of the five *Karma-Indriyas* (organs of action), viz.

speech, hands, feet, genitals and anus.

(3) *Uparati*:- *Uparati* means self-withdrawal or extreme abstinence.

(4) *Titiksha*:- *Titiksha* means the power of endurance.

(5) *Sraddha*:- *Sraddha* is unshakable faith in the existence of *Brahman*, in the teachings of the *Guru* and in the scriptures. It also means faith in oneself. This is not blind faith but it is based on accurate reasoning, evidence and experience.

(6) *Samadhana*:- *Samadhana* means mental balance, equipoise and calm.

The fourth Spiritual Qualification is *Mumukshutva*. *Mumukshutva* means burning desire for attaining liberation of soul from the cycle of births and deaths.

Next, let us discuss in brief about the principle of "Law of Action" (*Karmaphala Siddhanta*). The Law of Action or the Law of *Karma* is universal, inexorable and immutable. It is one of the fundamental doctrines of our Indian culture or *Bharatiya Sanskruti*. It is there not only in Hinduism but also in Buddhism and Jainism. This law states that "As you sow, so shall you reap". Accordingly, good actions or ethical actions or righteous actions or virtuous actions bestow good results, and bad actions or unethical actions or unrighteous actions yield bad results. This can be illustrated with an example. If one sows mango seed, there will be a mango tree and it will bear sweet mango fruits. But if one sows neem seed, there will be a neem tree and it will bear bitter neem fruits. Similarly, if one touches fire, his fingers will burn and he will feel the heat sensation. But if one touches ice, his fingers will become cold and he will feel the coolness of the ice.

Then let us discuss in brief about the principle of the "Doctrine of Rebirth" (*Punarjanma Siddhanta*). The "Doctrine of Rebirth" is said to be a corollary to the Law of Action or the Law of *Karma*. The fruits of actions or *karmas*, either good or

bad, do not get exhausted without enjoying or suffering the same. And all actions or all *karmas* performed by one during his life time do not bear fruits in his present birth alone. Some actions or *karmas* bear fruits in subsequent or future birth(s). Therefore, after one's death, he takes another birth or even a number of births in order to enjoy or suffer the fruits of the actions or *karmas* performed by him in his past births. Also our Holy ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say that each human being, according to his actions or *karmas*, has to take lakhs of births and deaths in different species of life upon the earth plane before his soul attains liberation from the cycle of births and deaths.

As regards rebirth, *Lord Krishna* says in the *Bhagavad Gita*:-

“देहिनोऽस्मिन्यथा देहे कौमारं यौवनं जरा ।

तथा देहान्तरप्राप्तिर्धीरस्तत्र न मुह्यति ॥”

(श्रीमद् भगवद् गीता, अध्याय - २, श्लोक - १३)

"Just as in this body the embodied (soul) passes into childhood, youth, and old age, so also does it pass into another body; the firm man does not grieve thereat". (*Bhagavad Gita*, Chapter - II - Verse - 13).

“वासांसि जीर्णानि यथा विहाय

नवानि गृह्णाति नरोऽपराणि ।

तथा शरीराणि विहाय जीर्णा-

न्यन्यानि संयाति नवानि देही ॥”

(श्रीमद् भगवद् गीता, अध्याय - २, श्लोक - २२)

"Just as a man casts off worn-out clothes and puts on new ones, so also the embodied Self casts off worn-out bodies and enters others which are new." (*Bhagavad Gita*, Chapter - II - Verse - 22).

Be good. Do good. — Swami Sivananda

“बहूनि मे व्यतीतानि जन्मानि तव चार्जुन ।

तान्यहं वेद सर्वाणि न त्वं वेत्थ परन्तप ॥”

(श्रीमद् भगवद् गीता, अध्याय - ४, श्लोक - ५)

"Many births of Mine have passed as well as of thine, O Arjuna; I know them all but thou knowest not, O Parantapa (scorcher of foes)." (*Bhagavad Gita*, Chapter - IV - Verse - 5).

The above sayings of *Lord Krishna* speak about the doctrine of rebirth.

As regards the practices of Indian Culture or *Bharatiya Sanskruti* or *Hindu Sanskruti*, we will discuss in this small write-up only one very important practice, from amongst the numerous ones which are prevalent/ found in different spheres of human activities and in different aspects of life in the day-to-day life of the *Hindu* people of this country including births, marriages, deaths, food, dresses, fashions, hair style, dance, drama, art, music, sculpture, scriptures, literature, worship, etc. and therefore, which are diverse, wide-ranging and very large in numbers. This one important practice covers the entire life period of the *Hindu* people from birth, or even before birth, to death and is called by the name "*Shohala Sanskars*" or "Sixteen Rites". Our various scriptures prescribe different types of rites or *sanskars*. However, the main sixteen rites or *shohala sanskars* are: (1) *Garvadhan Sanskar* (Rite before conception for purification of semen and womb), (2) *Punsabana* (Rite after *Garvadhan Sanskar* and after conception for purification and protection of womb), (3) *Simantonmayana Sanskar* (Rite for physical and mental health of the child inside the womb), (4) *Jatakarma Sanskar* (Rite after child's birth for removal of the ill effects of the liquid food taken from the mother while remaining inside her womb and for good health of the child

and the mother), (5) *Namakarana Sanskar* (Rite after the birth of the child for giving a name for increase in life span and radiance or *Teja* and for acquiring success in *loukik vyavahara* or day-to-day dealings), (6) *Niskramana Sanskar* (Rite for bringing the child to outside for seeing the sun), (7) *Annaprashana Sanskar* (Rite for feeding the child with corn or solid food), (8) *Chudakarma Sanskar* (Rite for cutting of the hair from the child's head for increase in strength, life span and radiance or *Teja* of the child), (9) *Akshrambha Sanskar* or *Bidyarambha Sanskar* (Rite for commencing education of the child), (10) *Upanayana Sanskar* (Rite before commencement of study of the child under a Teacher by wearing the sacred thread or *Jagnopavita* for making him fit for study), (11) *Keshanta Sanskar* (Rite for shaving of the child's hair), (12) *Samabartana Sanskar* (Rite for termination of the student's celibate life after completion of study and for returning to home for entering into household life), (13) *Bibaha Sanskar* (Marriage Rite for entering into household life), (14) *Banaprastha Sanskar* (Rite for commencement for forest dwelling), (15) *Paribrajya Sanskar* (Rite for complete renunciation of worldly connections and living the renounced life) and (16) *Antyesthi Sanskar* (Death Rite for peace of the departed soul).

### **Special features or characteristics or greatness of Indian Culture or *Bharatiya Sanskruti***

The special features or characteristics or greatness of Indian Culture or *Bharatiya Sanskruti* are innumerable and can not be described in details. However, some most important features or characteristics are stated as under:-

(1) Indian Culture or *Bharatiya Sanskruti* is eternal or *sanatana* as it has come from the Vedas, which having come from the heart of the Almighty Supreme Lord through His nostrils and revealed to the great ancient *Rishis* and Seers of

this sacred land of *Bharatavarsha*, are eternal or *sanatana*.

(2) Indian Culture or *Bharatiya Sanskruti* is the most ancient and the oldest culture of the world as it has come from the *Vedas* which are the most ancient and the oldest Spiritual Scriptures of the world, because nobody knows when they were revealed by God to the ancient *Rishis* and Seers of this sacred land of *Bharatavarsha*.

(3) According to Indian Culture or *Bharatiya Sanskruti*, the people of this country believe that God is One. In other words, the *Bhagavana* of the Hindus, the *Allah* of the Muslims and the God of the Christians, the Almighty Supreme Being, are One. They also believe and see the same "Self" or "*Aatma*", which is the "*Ansha*" or "Part" of the "*Paramatma*" or "God", in all people of the whole world irrespective of their religion, faith, belief, caste, creed, class, sect, colour, region, language, culture, etc., which are so numerous and diverse in our country as well as in the world. In other words, they believe that the "*Paramatma*" or "God" resides in all people of the whole world. And therefore, they believe that all people of the whole world are universal brothers. Thus, they believe from, spiritual point of view, in the "Common Fatherhood of one God" and "Universal Brotherhood of all human beings" upon this earth planet. Therefore, they believe that the Whole Universe is One Family (वसुधैव कुटुम्बकम्).

(4) According to Indian Culture or *Bharatiya Sanskruti*, the people of this country see the whole creation as the manifestation of God, the Almighty Supreme Lord; and therefore, they believe, accept and see the presence or existence of God not only in all human beings all over the world but also in all other animate beings such as plants and trees, and animals and insects, and even in all inanimate things including stones and mountains.

(5) Indian Culture or *Bharatiya Sanskruti* envisages and provides for achievement of "Four Grand Goals" (*Purushartha Chatustaya*) of ideal human life by all human beings in order that human beings can live an ideal, successful, complete, integrated, purposeful, prosperous, happy and peaceful life upon this earth plane. Those four grand goals are *Dharma* (righteousness), *Artha* (economic prosperity), *Kama* (vital worldly desires) and *Moksha* (liberation of Soul). It accords primary and supreme place to *Dharma* (righteousness) and *Moksha* (liberation of Soul) in human life, and therefore, according to Indian Culture or *Bharatiya Sanskruti*, human life is predominantly *Dharmik* (religious or righteous) and *Aadhyatmik* (spiritual). *Dharma* and *Adhyatma* are the life's part and parcel and the very life breaths of the people of this country called India or *Bharat*. Nevertheless, it does not ignore *Artha* (economic prosperity) and *Kama* (vital worldly desires), but recognises, accepts and accords those two grand goals their due places in human life. This arrangement has been prescribed in order to enable human beings to achieve *Moksha* or liberation of their individual Souls from the cycle of births and deaths or Union or Merger of the individual Soul with the Supreme Soul, The God, which is the supreme grand goal of ideal human life upon this earth plane. Achievement of *Moksha* or liberation of the individual Soul results in attainment of everlasting happiness and eternal peace, and cessation of worldly sorrows and sufferings. And achievement of *Artha* (economic prosperity) and *Kama* (vital worldly desires), being governed and regulated by *Dharma* or righteousness, result in living an economically and materially prosperous, as well as a comfortable, contented, satisfying and happy life upon this earth plane.

(6) Indian Culture or *Bharatiya Sanskruti* envisages and

provides for adherence to *Varnashrama Dharma*, i.e. *Dharma* of people belonging to *Varna Chatustaya* or "Four Divisions or Four Classes", i.e. *Brahmanas* (Philosophers), *Kshatriyas* (Warriors), *Vaishyas* (Merchants) and *Shudras* (Servants); and *Dharma* in *Ashrama Chatustaya* or "Four Stages" in human life, i.e. *Brahmacharya Ashrama* (Student Life), *Grihastha Ashrama* (Householder Life), *Vanaprastha Ashrama* (Retired Life) and *Sanyasa Ashrama* (Renounced Life). This arrangement is stated to have been prescribed in human life in order to enable human beings to achieve gradual evolution towards God, the Supreme Being, their "Original Source".

(7) According to Indian Culture or *Bharatiya Sanskruti*, since the people of India or *Bharat* believe in the principles of (a) Common Fatherhood of one God (b) Universal Brotherhood of all human beings upon this earth planet, (c) The Whole Universe is One Family (वसुधैव कुटुम्बकम्), they pray to God for the good health, prosperity, well-being, happiness and peace of all people of the whole world as: (d) May all people of the world be free from diseases, (सर्वे सन्तु निरामयाः), (e) May all people of the world become prosperous, (सर्वेषां मङ्गलं भवतु), (f) May all people of the world become happy, (सर्वे भवन्तु सुखिनः), (g) May all people of the world become peaceful, (सर्वेषां शान्तिर्भवतु), etc.

(8) In Indian Culture or *Bharatiya Sanskruti*, the people worship *Gayatri* (Goddess Gayatri), *Guru* (Spiritual Preceptor), *Gita* (Srimad Bhagavad Gita), *Gomata* (Mother cow) and *Ganga* (Goddess-river Ganga) with great reverence and devotion as most holy.

(9) In Indian Culture or *Bharatiya Sanskruti*, the people believe in and treat "Mother as God" (मातृदेवो भव), "Father as God" (पितृदेवो भव), "*Acharya* or *Guru* as God" (आचार्यदेवो भव), and "*Atithi* or Guest as God" (अतिथिदेवो भव) and pay them



respects accordingly.

(10) In Indian Culture or *Bharatiya Sanskruti*, the male persons treat the females with love, affection and great respects and keep them in high reverence. The females are regarded as embodiments of creation and preservation; and as the embodiments of *seva* (service), *tyaga* (sacrifice), patience, endurance, renunciation, love, affection, kindness, forgiveness, etc. They are called "*Dharmapatni*", because they save their husbands from downfall; urge, inspire, motivate and support them to live *Dharmik* (Religious) and *Aadhyatmik* (Spiritual) life; and remain present and participate in performance of *dharmik* or religious actions and *pujas* by their husbands. They are treated as "*Ardhangini* or Half-body" of their husbands. The male persons offer very high place to them in the family and in the society. Our Holy ancient Spiritual Scriptures say that the Gods reside in those families where the females are worshiped. They are also regarded as *Devi* or Goddess *Laxmi* and Goddess *Durga*. Similarly, the females exhibit genuine love and true devotion to their husbands. They treat their husbands as Gods and exhibit their such feeling in their daily dealings and conduct towards them. They regard them as *Deva* or God *Narayana* and pay them respects accordingly.

(11) In Indian Culture or *Bharatiya Sanskruti*, there is prevalent of Joint Family system in the society, which is highly helpful, supportive, advantageous and beneficial for all members of the joint families.

(12) The education system for students in the centres of education called "*Gurukulas*" or "*Rishikulas*" in the ancient time under Indian Culture or *Bharatiya Sanskruti* is unique. The system of education was life-building, character-building and man-making. The students were imparted moral, ethical, religious and spiritual education, in addition to

secular education on different subjects.

(13) In Indian Culture or *Bharatiya Sanskruti*, the *Guru-Shishya* (Preceptor-Disciple or Teacher-Student) relationship is intimate, noble, special and unique. The disciples or students or *shishyas* repose utmost "*shraddha*" (love) and "*vishwas*" (faith) on their teachers and show great "*bhakti*" (devotion) and pay highest respects to them. The Preceptors or Teachers or *Gurus* extend genuine and unalloyed love and affection to their students.

(14) Indian Culture or *Bharatiya Sanskruti* is broad, inclusive and pluralistic. It also sees "Unity in diversity". It understands and believes that the *Bhagavana* of the Hindus, the *Allah* of the Muslims and the God of the Christians, the Almighty Supreme Being, are One and that the people belonging to different religions, faiths, beliefs, caste, creed, class, sect, colour, region, language, cultures, etc. all over the world, are the children of One God and therefore, they are one. It also believes that all religions of the whole world are one, all religions speak of the same essential truths of religion, and that "Truth is one, but the *Bipras* or the Wise Ones speak "It" in different ways"- Rig Veda - (1:164:46) (एकं सत् विप्रा बहुधा वदन्ति - ऋग वेद-१:१६४:४६). Therefore, it understands, accepts and tolerates the religions and cultures of others and gives place to such religions and cultures in its fold. Therefore also, together with the people of the Hindu religion, the people belonging to Muslim and the Christian religions as well as all other religions live amicably, cordially, harmoniously and peacefully in this Hindu majority country.

(15) Also, from the national point of view, as well as, as a part of patriotism and loyalty to our country and sense of belongingness and togetherness, the people of our country

maintain and feel unity amongst themselves and consider themselves all as "Indians" or "*Bharatiyas*" in spite of multiple diversities such as religious diversity, cultural diversity, racial diversity, linguistic diversity, social diversity, geographical diversity, regional diversity, economic diversity, political diversity, etc. in our country.

(16) Indian Culture or *Bharatiya Sanskruti* is broad, generous, compassionate and tolerant. It understands, accepts and tolerates the religions and the cultures of others. Therefore, it has tolerated many foreign invasions. Due to such invasions, Hindu Religion and Hindu Culture have seen degeneration many-a-time in the past. But, in spite of the same, they have risen again and they survive in all ages and in all times, because they are eternal religion or *sanatana dharma* and eternal culture or *sanatana sanskruti* based on the *Vedas*, the eternal and God-given Holy ancient Spiritual Scripture of the world.

In view of the above special features or characteristics of Indian Culture or *Bharatiya Sanskruti*, it is regarded as the universal, unique, unparalleled, sublime, lofty, grand, great, glorious and ideal culture of the world.

In spite of the great greatness and the grand glory of our country India or *Bharat*; and the great greatness and the grand glory of our Indian Culture or *Bharatiya Sanskruti* as stated above, we, the vast majority of modern men, and more particularly, the vast majority of our modern students, do not believe in and do not accept the same. Because, due to abolition of our country's religious, spiritual and cultural education, and study of our country's Sanskrit language; and introduction of English language and placing of greater emphasis on western system of education in our schools, colleges, universities and other educational institutions by

Thomas Babington Macaulay in 1835 during British rule in our country with an ulterior motive\*, we remained ignorant about our own country and our own culture (the knowledge about which are contained in our Holy ancient Spiritual Scriptures which have been written in Sanskrit language) and came to know about the western country and western culture (through English language). And then we developed a mind-set to like whatever is western or English. We developed so much of such liking for western country and western culture that we developed dislike and aversion towards our own country and our own culture. We feel ashamed and lowly to talk of our own country and our own culture, what to speak of following the same in our life. But we feel very proud,

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\* This is very much clear from the following excerpt from the reported speech of Thomas Babington Macaulay delivered by him in the British House of Commons on the 02nd February 1835 when there was British rule in our motherland India or Bharat:-

"I have travelled the length and breadth of India and I have not seen one person who is a beggar, who is a thief. Such wealth I have seen in this country, such high moral values, people of such caliber that I do not think we would ever conquer this country, unless we break the very backbone of this nation, which is her spiritual and cultural heritage and therefore, I propose that we replace her old and ancient education system, her culture, for if the Indians think that all that is foreign and English is good and great than their own, they will lose their self esteem, their native cultures and they will become what we want them a truly dominated nation."

Mr. Macaulay had also reportedly said "We must do our best to form a class who may be interpreters between us and the millions whom we govern, a class of persons Indian in blood and colour, but English in taste, in opinions, words and intellect."

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high and modern in liking and following western culture which is not our own, which is not suitable to us and which is not meant for us. We have in the process lost our self-pride and our self-esteem; and are suffering from irreparable damages and incurring permanent losses in our life.

We do not study our Holy ancient Spiritual Scriptures neither we are capable of doing so as we are ignorant of our Sanskrit language. We also do not listen to the discourses of our Holy Saints and Sages delivered in the languages of our country. And even if we happen to listen to such discourses, we do not believe in their sayings and do not accept the same. But, if the westerners speak the same thing in English language what our Saints and Sages say, then we readily believe in them and readily accept their sayings. In this blind manner we have built our mind-set.

In this situation of such western mind-set, let us go through a few comments, observations, opinions and views of some western philosophers, thinkers, educationists, scientists and eminent personalities about our country India or *Bharatavarsha* and about our Indian Culture or *Bharatiya Sanskruti*, and after reading the same, we will know, believe and accept the great greatness of our own country and our own culture:-

Dr. Paul Brunton who has devoted his life to the study of Indian philosophy and Yoga holds: "That the West has little to learn from present-day India, I shall not trouble to deny but that we have much to learn from Indian sages of the past, and from the few live today, I unhesitatingly assert... The secret India's spiritual life still exists, despite storms of political agitation which now hide it, and I have tried to give authentic record of more than one adept who has attained a strength and serenity for which we lesser mortals wistfully yearn". (*A Search in Secret India*, pages 5 & 7).

Nicholas Roerich says: "Himalayas! Here is the Abode of

Rishis. Here resounded the sacred Flute of Krishna. Here thundered the Blessed Gautama Buddha. Here originated all Vedas. Here lived Pandavas... Here- Aryavarta. Here is Shambala. Himalayas- Jewel of India. Himalayas- the sacred symbol of Ascent... Oh, Bharata the Beautiful! Let me send Thee my heartfelt admiration for all the greatness and inspiration which fill Thy ancient Wisdom, for glorious cities and temples, Thy meadows, Thy Deobans, Thy sacred Rivers and Majestic Himalayas".

The great French savant, Sylvain Levi says: "From Persia to the Chinese Sea, from the icy regions of Siberia to the islands of Java and Borneo, from Oceana to Sacotra, India has propagated her beliefs, her tales, her civilisation; she has left indelible imprints upon one fourth of the human race in the course of a long succession of centuries. She has the right to reclaim in universal history the rank that ignorance has refused her for a long time and hold her place amongst the great nations summarising and symbolizing the spirit of humanity".

About a hundred years ago while delivering his lectures at Cambridge in 1882, Professor Max Muller, an eminent modern German educationist, said: "If we were to look over the whole world to find out the country most richly endowed with all the wealth, power and beauty that nature can bestow - in some parts a very paradise on earth - I should point to India". The professor continued, "If I were asked under what sky the human mind has most fully developed some of its choicest gifts, has most deeply pondered over the greatest problems of life, and has found solutions of some of them which well deserve the attention even of those who have studied Plato and Kant - I should point to India. And If I were to ask myself from what literature, we in Europe...may draw the corrective which is most wanted in order to make our inner life more perfect, more comprehensive, more universal, in fact more truly humane a

life, not only this life, but a transfigured and eternal life - again I should point to India".

Will Durant, a well-known modern American historian, says: "India was the motherland of our race, and Sanskrit the mother of Europe's languages; she was the mother of our philosophy; mother, through the Arabs, of much of our mathematics; mother, through the Buddha, of the ideals embodied in Christianity; mother, through the village community, of self government and democracy. Mother India is in many ways, the mother of us all."

(Students can read the book "Great Minds on India" by Salil Gewali, published by Academic Publications, Gewali Cottage, Upper Mawprem, Shillong, Meghalaya, PIN - 793002 to know more such comments, observations, opinions and views of some western minds on India and Indian Culture).

In view of the foregoing discussions, our country, our motherland India or *Bharat* is a great, glorious, lofty, unique and ideal country in the world.

In view of the foregoing discussions, our India Culture or *Bharatiya Sanskruti* is also the great, glorious, lofty, unique and ideal culture of the world.

Therefore, let us love our great country India or *Bharat* and our great India Culture or *Bharatiya Sanskruti* and let us follow our great India Culture or *Bharatiya Sanskruti*. Let us live our life on the pattern as has been envisaged and exhorted in our India Culture or *Bharatiya Sanskruti*. And then, let us shine as "A True *Bharatiya*", radiate as "A Real *Bharatiya*" and feel proud to be "A Genuine *Bharatiya*". And thus, let us live our most precious human life upon this earth plane successfully, completely, purposefully, prosperously, happily and peacefully. And thus, let us live our life ideally.

(This write-up has been reproduced from the Book "Life Building Science" (Soft copy edition - 2024)

## **Building of Noble Character – Its Great Necessity for our Modern Students**

Sri Mohan Lal Agrawal

**Meaning:** - Noble character or *satcharitra* means the aggregate of various good qualities which constitute an individual person.

**Necessity:** - Noble character or *satcharitra* is the third foundation which is necessary for building of human life.

(i) By building noble character or *satcharitra*, the foundation of human life can be proper and strong, and also upon such foundation, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived successfully i.e. economically and materially prosperously as well as spiritually happily and peacefully; and also it can be lived ideally.

But without noble character or *satcharitra* i.e. with base or pitiable or undesirable character or *asadcharitra*, the foundation of human life will be improper and weak. And upon such an improper and weak foundation, the superstructure of human life can not be constructed completely, properly, strongly, nicely and successfully, and if constructed, it will become weak, may not last long and may fall down. Consequently, the future human life will be filled with failures, sorrows, sufferings, miseries and unhappiness, both in the secular and professional life as well as in the spiritual life.

As all human beings always want success, victory, prosperity, happiness and peace, building of noble character is badly necessary in human life.



(ii) Noble character or *satcharitra* is stated as humanly and is treated as synonymous with human being. Noble character or *satcharitra* is also stated as the essence of a human being. Our *Rishis*, *Munis*, Saints and Sages say that without noble character or *satcharitra* a man is like an animal with a human body, because a man without noble character or *satcharitra* performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character or *asatcharitra* is animalistic. Therefore, building of noble character or *satcharitra* is extremely necessary in human life.

(iii) Further, one's character or *charitra* finds expression in the form of his actions in the day-to-day life; and according to the universal and immutable Law of *Karmas* or Actions i.e. "As you sow, so shall you reap", ethical conduct or righteous actions bestow good results and unethical conduct or bad actions yield bad results. As such, noble character or *satcharitra* will result in performance of ethical conduct or righteous actions or virtuous actions or *sadachara*. Such righteous actions will bestow good results. Thereby, human beings can achieve real success both in their professional and secular life as well as in their spiritual life. And also human life can be ideal, successful, complete, purposeful, prosperous, happy and peaceful.

Similarly bad character or *asatcharitra* will result in performance of unethical conduct or unrighteous actions or *asadachara*. Such unrighteous actions will yield bad results. Thereby, human beings can not achieve victory, happiness, peace and real success either in their professional and secular life or in their spiritual life. And also human life will be filled with failures, sorrows, miseries, unhappiness and peacelessness in the real sense.

And as all human beings always want good results, prosperity, success, victory, happiness, peace, etc. in their life, building of noble character or *satcharitra*, which finds expression in performance of good actions, is badly necessary in human life.

In view of the foregoing, there is a great necessity for building of noble character or *satcharitra* in human life.

**Importance:** - Noble character or *satcharitra* is the most important foundation of human life.

(i) As discussed above, noble character is stated as humanly and is treated as synonymous with human being. Noble character is also stated as the essence of a human being. Our *Rishis*, *Munis*, Saints and Sages say that without noble character a man is like an animal with a human body, because a man without noble character performs animalistic actions or beastly conduct in his life. Even, he, at times, becomes beastlier than the beast and commits brutal, heinous and shocking crimes. Thus, base character is animalistic. Therefore, as the oft-quoted proverb goes, "When money is lost, nothing is lost. When health is lost, something is lost. But **when character is lost, everything is lost.**" Such is the importance of noble character.

(ii) Noble character is stated as the real, greatest and the strongest power which the human beings need the most in order to achieve victory, happiness and real success in all endeavours in their life. Noble character is more powerful than the physical power and the mental power.

(iii) Noble character is the most important ingredient which contributes a great deal towards building of an excellent and magnetic personality in a student. Noble character is the most valuable wealth which a human being can and ought to possess. Noble character is also stated as the most precious ornament which a woman can and ought

to wear.

(iv) A human being with a noble character can achieve real success, victory, true prosperity, real happiness and peace in his professional and secular life. He can also perform his spiritual practices or *aadhyatmik sadhana* easily, smoothly, efficiently and effectively and achieve success in his spiritual life. Thereby, he can cross the ocean of *sansara* or the worldly existence and reach the other shore of human life easily, smoothly, efficiently and safely. That means, he can achieve *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or God-realisation easily and safely, which is the final and supreme destination of human life upon this earth plane, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal Indian Culture.

But without noble character i.e. with base or pitiable or undesirable character, a human being can not achieve real success, victory, true happiness and peace in his life. Instead, he will have to undergo many difficulties and encounter many obstacles both in his professional and secular life as well as in his spiritual life. Consequently, his whole life will be full of failures, sorrows, miseries, unhappiness and peacelessness in the real sense. Without noble character, the superstructure of human life will crumble down.

(v) Further, noble character will result in performance of ethical conduct or good conduct or virtuous conduct in human life. Ethical conduct, in accordance with the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", will shape the future destiny of human beings into a good one. As a result, human beings will reap good results and will achieve success, victory, happiness, peace throughout their whole life i.e. both professional and secular

life as well as spiritual life. But base or pitiable or undesirable character will result in performance of unethical conduct. Performance of unethical conduct will shape the future destiny of human beings into a bad one. As a result, human beings will reap bad results and will have failures, defeat, unhappiness, peacelessness throughout their whole life i.e. both professional and secular life as well as spiritual life.

Such is the importance of noble character or *satcharitra*, the third and the strongest foundation of human life. Therefore, our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages attach greatest importance to noble character or *satcharitra* and place highest emphasis on its cultivation and development.

Thus, noble character or *satcharitra*, more than the good physical health and powerful mind, is most important. Our ancient Spiritual Scriptures, our *Rishis*, *Munis*, Saints and Sages, and our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* also place great emphasis on building of noble character or *satcharitra*. Because, building of noble character or *satcharitra* leads to performance of ethical conduct or *sadachara* which results in creation of good destiny.

**Manner:** - Noble character or *satcharitra* can be built by (a) cultivation of (i) student-like good qualities such as obedience, humility, respectfulness, love (*shraddha*), devotion (*bhakti*), faith (*bishwas*), friendliness, self-control, discipline, etc. (ii) student-empowerment qualities such as faith in oneself, self confidence, courage, patience, fortitude, optimism, encouragement, hard-working nature, etc. and (iii) human-like good qualities such as truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism, etc.; by (b) eradication of bad qualities like lust, anger, greed, selfishness,

hatred, jealousy, arrogance, fear, timidity, pessimism, etc.; and by (c) observance of celibacy which gives great mental strength to cultivate good qualities, eradicate bad qualities; and firmly and resolutely adhere to noble character or *satcharitra* in all circumstances and in all situations, good or bad, favourable or adverse, throughout the entire life.

It is necessary for students to acquire knowledge about each such good quality in order to understand the same well and then develop it. Similarly, they should acquire knowledge about each evil quality, understand the same well and then eradicate it. They can acquire knowledge about the same by studying the Lesson No. 6 on "Noble Character" (*Satcharitra*) in Volume - 9 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati.

Nevertheless, in this small write-up, we will discuss about one most important student-like good quality, i.e. "Obedience" and one most important human-like good quality, i.e. "Truth". We will also discuss one dreadful evil quality, i.e. "Anger".

### OBEDIENCE

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

**Quote** "Obedience is willingness to obey commands.

Obedience is submission to or compliance with a command, prohibition, known laws, or rule of duty. It is the performance of what is required or enjoined or the abstaining from what is prohibited. Obedience is submission to authority as obedience to a person or to a law.

To obey is better than sacrifice.

He who obeys only can command or rule.

The man who commands efficiently must have obeyed others in the past and the man who obeys dutifully is worthy

of being someday a commander.

From obedience spring all other virtues.

True obedience neither procrastinates nor questions.

Obedience is the mother of success, and is wedded to safety.

Let your child's first lesson be obedience.

Wicked men obey from fear; good men from love.

Command is anxiety; obedience is ease. Goodness is a river that follows from the lotus feet of the Lord by the path of obedience.

If the heart is not satisfied, obedience is not truly performed by the body." **Unquote**

### **The Story of Aaruni**

In ancient time, students were studying in *Gurukulas*, *Rishikulas* or *Ashramas* established by *Rishis*, *Munis*, *Maharshis*, the *Brahmavidya Gurus*. They were residing inside the *Gurukulas* and *Rishikulas*. While studying there, they were also cultivating the *Ashrama's* crop fields, grazing *Ashrama's* cows, collecting fruits, roots, firewood, *samidha*, etc. In the *Ashrama* of *Maharshi Dhoumya* there were many students. Prominent amongst them were *Aaruni*, *Upamanyu* and *Veda*.

Once, at the close of the rainy season, one day it was raining heavily in the evening. *Maharshi Dhoumya*, the *Guru*, thought that if the *Ashrama's* crop field would get overfilled with rain water, then the boundary wall of the crop field would break and there would be a passage. In that case, the entire water of the crop field would flow away through that passage. And if there would be no rain afterwards, then the crop of the field would get dried up and damaged. Therefore, he called his student *Aaruni* and told him "My son *Aaruni* ! Please go the *Ashrama's* crop field and ensure that the water in the crop field does not flow away in case its boundary

wall breaks due to the heavy rain."

In obedience of his Guru's instructions, *Aaruni* immediately went to the *Ashrama's* crop field even if it was raining heavily. On reaching, he observed that at one spot, the boundary wall had been washed away due to heavy rainfall, a passage had been created and water was flowing away heavily through that passage. *Aaruni* started putting in clay at that passage in order to check the flow of water from the crop field. But the clay was damp and the forceful current of the flowing water of the crop field was washing away all the clay put therein by *Aaruni*. Thus, *Aaruni* failed to make good the damage caused in the boundary wall. Then, finding no other way, *Aaruni* himself lied down at that passage and thereby, the flow of water from the crop field through that passage could be checked.

*Aaruni* remained lie down the whole night at the passage in the crop field. Slowly, he started feeling very cold. Also, severe pains affected his whole body. In spite of the same, he did not move out an inch from the passage or even did not change his side fearing that water from his *Guru's Ashrama's* crop field would flow away through that passage. Instead, he kept himself lie down there during the whole night.

In the *Ashrama*, the students use to offer salutations to their *Guru Maharshi Dhoumya* every day in the morning after performing their *sandhya* and *havana*. In the morning of the following day, *Guru Maharshi Dhoumya* observed that all students came to offer him their salutations but *Aaruni* was not seen. He asked the students about *Aaruni*. The students replied "Yesterday evening, you had sent *Aaruni* to the *Ashrama's* crop field to ensure that its boundary is not damaged due to heavy rainfall and water does not flow away from the field. Since then, *Aaruni* has not come back".

Hearing this, *Guru Maharshi Dhoumya*, along with his other students, rushed to the *Ashrama's* crop field in search of *Aaruni*. On reaching there, he shouted the name of *Aaruni*. But *Aaruni* was not able to speak due to exposure to cold throughout the night. Somehow, he could manage to answer the call of his *Guru* with much difficulty. Then the *Maharshi* located that spot, reached *Aaruni* and found him lying down at that spot of the crop field. He immediately lifted up his obedient student *Aaruni* with his arms, embraced him and blessed "My son *Aaruni* ! All *vidyas* will dawn in you of their own accord because of your obedience of *Guru's* instructions". Thanks to such blessings of his *Guru Maharshi Dhoumya*, *Aaruni* could learn all *vidyas* without any study and became a great learned man.

Such is the benefits of "obedience" to one's *Guru*. Therefore, students ought to develop and keep up the good quality of obedience to their Teachers.

### TRUTHFULNESS

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

**Quote** "Srutis emphatically declare "*Satyam Vada* - speak truth. *Satyameva Jayate Nanrutam* - Truth alone triumphs but not false hood." God is Truth and Truth must be realised by speaking the Truth. A truthful man is absolutely free from worries and anxieties. He has a calm mind. He is respected by society. If you observe speaking truth for twelve years, you will get Vak Siddhi. Then what ever you speak will come to pass. There will be power in your speech. You can then influence thousands.

Your thought should agree with your words and the words should agree with your actions. In the world people think of one thing, say another thing and do another thing. This is horrible. This is nothing but crookedness. You must



carefully watch your thoughts, speeches and actions. The little gain that you get by telling lies is no gain at all. You pollute your conscience and infect your subconscious mind. The habit of telling lies is carried to your next birth also and you undergo suffering from birth to birth. Have you ever thought over this matter? Be very serious and stop the evil habit of telling lies from this very second.

The name of Harishchandra is even now a household word because he was a truthful man. He stuck to his principles of speaking truth at all costs. He never cared for his wife or dominion. He underwent all sorts of suffering. He was truthful to the very last. Visvamitra tried his level best to make him a liar. He failed in all his various schemes. Truth alone triumphed in the end.

Write in bold types the words "SPEAK TRUTH" on card boards and hang them in different places in your house. This will remind you, when you are about to speak any lie. You will check yourself at once. A time will come when you will be established in the habit of speaking truth. Punish yourself by fasting if you tell a lie and record the lies in the diary. Gradually the number of lies will decrease and you will become a truthful man." **Unquote**

### **The Story of Abdul Qadir Jilani**

This is a story of about one thousand years' old. There was a place named Jilan in the country of Iran. A boy named Abdul Qadir Jilani was born in that place. He lost his father in his childhood. Then his mother took his care and brought him up.

Qadir had a strong desire to study well and become a learned man. But Jilan being a small place, there was no good facility for education. Therefore, he requested his mother to send him to Bagdad for study. His mother persuaded him not to go to Bagdad which was a very distant

place and the road was lonely. But Qadir was determined to go there. Then his mother decided to send him to Bagdad. During those days, there was no facility of communication to travel to Bagdad. Therefore, people were not going there. Only, merchants used to go to Bagdad on foot in small groups for their business purposes and they were carrying their business merchandise on camels.

When a group of merchants were to travel to Bagdad, Qadir's mother arranged his journey to Bagdad with them. Before departure, Qadir's mother stitched one pocket inside the old coat of Qadir, put therein forty gold coins and told her son "My son ! Your father had left this much of wealth only. Expend the same very judiciously. Yes, one thing more. Remember to speak the truth at all costs and even if your life is in danger. Allah is kind. He will protect you".

Qadir commenced his journey to Bagdad in company of the group of merchants. It was a long as well as lonely journey. During the journey, robbers used to attack the travelling merchants at lonely spots. At one such spot, a gang of robbers attacked the group of merchants. They looted away all merchandise of the merchants and also thrashed them. As Qadir was a small boy, the robbers ignored him thinking that he might not be having any wealth. When the gang of robbers was leaving, one robber asked Qadir if he had any wealth. Qadir replied "Yes, I have forty gold coins". The robber scolded him thinking that Qadir was playing jokes with him. But Qadir brought out those forty gold coins from his coat pocket and showed the same to the robber. Seeing this, the robber got astonished. The robber reported the matter to his *Sardar*, the gang leader. The *Sardar* asked Qadir "O boy! You know that we are robbers. We will snatch away all your gold coins. Still then, why did you show the same to us ?" Qadir replied "O *Sardar* ! My mother had advised me to speak

the truth at all costs even if my life is in danger. Allah is kind. He will protect me". Hearing this, the *Sardar* became dumb-founded. His cruel heart was moved and got melted. He thought "Great is this boy. How simple is he ! How truthful is he ! And how cruel we are who loot the innocent people !". The *Sardar* and his companion robbers started lamenting for their wrong actions. They returned all the gold coins to Qadir. They also returned all the merchandise which they had looted from the merchants. They gave up their bad action of robbery for ever.

Qadir reached Bagdad with the group of merchants safely and prosecuted his study there. He completed his education at Bagdad well and came back. Later on, he became a great saint named Abdul Qadir Jilani Bade Pir Sahab.

Qadir spoke the truth before the robbers. And Allah protected him from them. This is how God protects those who speak the truth in all circumstances.

Therefore, students ought to develop the good quality of "Truth" and speak the truth in all circumstances.

### **ANGER (*KRODHA*)**

(Reproduced from the book "How to cultivate virtues and eradicate vices" written by Swami Sivananda Saraswati)

**Quote** "Anger is a negative Vritti or whirlpool in the mind lake. It is born of ignorance.

It is a strong emotion, excited by a real or fancied injury and involving a desire for retaliation.

Anger is the natural passion or emotion of displeasure and antagonism aroused by injury or insult, real or imagined, and directed against the cause thereof. Anger arises from an idea of evil having been inflicted or threatened.

Anger is often accompanied by a desire to take vengeance, or to obtain satisfaction from the offending party.

It begins in folly and ends in repentance.

The fire you kindle for your enemy, burns yourself.

When anger arises, think of the consequences. It will soon subside.

You think of objects of senses. Attachment to these objects develops. From attachment desire is born. From desire anger comes forth. From anger proceeds delusion; from delusion confused memory; from confused memory the destruction of reason; from destruction of reason you perish.

Raga or attachment is a long-standing associate of anger.

Control anger through patience, enquiry, self-restraint, love and meditation. This is manly and divine. This is wise and glorious.

To become angry for trifling things is mean, childish and brutal.

When you are angry, count twenty before you speak. If you are very angry, count one hundred.

An angry man is again angry with himself when he comes to his senses.

When anger is on the throne, reason takes to its heels.

Be always ready to forgive the faults of others. Kill the spirit of revenge. Return good for evil.

Anger begins from folly or weakness. It ends with remorse and repentance. Act not in a furious passion.

He who is influenced by anger is like one intoxicated with a strong liquor.

Fury, indignation, choler, ire, temper, irritation, rage, resentment, wrath are synonymous with anger.

Displeasure is the mildest and most general word. 'Temper' is used in the sense of anger. This is colloquial. We say: "Mr. Johnson is a man of hot temper, a fiery temper."

Anger is sharp, sudden and brief. Resentment is persistent. It is the bitter brooding over injuries. Exasperation,

a roughening, is a hot superficial intensity of anger, demanding instant expression.

Rage drives one beyond the bounds of prudence or discretion. Fury is stronger and sweeps one away into uncontrollable violence.

Anger is personal and usually selfish, aroused by real or supposed wrong to one self. Indignation is impersonal and unselfish displeasure at unworthy acts. Pure indignation is not followed by regret and needs no repentance. It is also more self-controlled than anger. Anger is commonly a sin. Indignation is often a duty. We speak of "righteous indignation."

Wrath is deep and vengeful displeasure. It simply expresses the culmination of righteous indignation without malice in a pure being.

Anger is a stronger term than resentment, but not so strong as "indignation" which is awakened by what is flagitious in character or conduct; nor as wrath, fury, rage in which anger is wrought up to a still higher point in the order of these words. Anger is a sudden sentiment of displeasure; resentment is a continued anger; wrath is a heightened sentiment of anger. **Unquote**

### **An imaginary Story of Arun and Varun**

Arun and Varun were classmates. Arun was short tempered by nature and used to get angry easily. But Varun was of calm and composed nature. He used to remain peaceful. They were good friends. But, on many occasions, Arun used to get angry with Varun even over petty matters.

Both Arun and Varun were meritorious students but Arun was somewhat weak in mathematics. Arun used to approach his friend Varun and request for getting his doubts in mathematics cleared whenever he needed. Varun, as a good friend, used to help his friend Arun and cleared his doubts even if Arun used to get angry with him on many occasions.

Once, Arun became very angry with Varun over a trifling issue and scolded him a little more although Varun had no fault at all. Varun got severely hurt and was unable to forget the wrong behaviour of Arun. A few days later, they were to appear their final degree examination. Arun was in utter need of clearing his doubt on one question of mathematics just in the previous night of the examination day. He requested Varun to help him by clearing his doubt. But Varun could not yet forget the wrong behaviour of Arun on that day and therefore, he avoided to help him. The doubt of Arun remained uncleared. Next day, both of them appeared the degree examination on mathematics paper. Surprisingly, Arun found the same mathematical question, carrying twenty marks, in the question paper, but could not answer it as he had doubt on the same problem. Varun could answer the same question correctly.

The result of the degree examination was declared in due course. Arun could not secure first class in the examination for shortage of fifteen marks only. But Varun stood first. Had Varun clarified his doubt on that day, Arun could have answered that question in the mathematics paper and could have secured twenty marks more and then, he could have secured first class in the examination. Arun felt very sorry for not being able to secure a first class like his friend Varun.

Within a few months, there was an advertisement in a newspaper for recruitment of officers in an eminent and national level organisation. The post carried lucrative salary. The eligibility criterion for applying for that post stipulated, among other things, a first class pass in the degree examination. Varun, by virtue of having secured first class in the degree examination, could be eligible to apply for that post. He submitted his application, appeared the tests and

was selected for that post. He joined that post and earned handsome salary every month. But Arun, who failed to secure first class in the degree examination, could not apply for that post and lost a very good opportunity to get appointment in a lucrative post in that national level organisation. And he felt severe agony. Had he not got angry and had he not scolded his friend Varun on that day, Varun would have cleared his doubt, and he would have answered that mathematical question in the degree examination, secured twenty marks more and thereby, he would have stood first. In that case, he would have fulfilled the eligibility criterion, applied for that post, appeared the tests and could have been selected. Then he would have joined that post and earned good salary every month like his friend Varun. Now that he could not do so, he started lamenting a lot for his wrong action of having got angry with Varun and having scolded him over a trifling issue. He lost that opportunity in his life for ever. Thus, he lost a great thing for a small wrong action performed by him.

This is how one who gets angry loses, and then he laments and suffers himself in his life. Such is the adverse consequence of the evil quality of "Anger".

Therefore, students ought to eradicate the bad quality of "Anger" and remain calm, composed and peaceful in all circumstances.

**Benefits:** - There will be a large number of benefits by building of noble character or *satcharitra*, such as (i) one will be rightly called a "true human being", because noble character is stated as synonymous with human beings, (ii) one will be far away from animalistic or beastly qualities, (iii) one's conduct in the day-to-day life, resulting from his noble character, will be ethical or good or righteous or virtuous, which will bestow good results, victory, success, happiness and peace, both in his professional and secular

life as well as in his spiritual life according to the universal, immutable Law of *Karmas* or Actions, i.e. "As you sow, so shall you reap", (iv) one's ethical conduct, resulting from his noble character, will shape his future destiny into a good one, (v) one will be very wealthier because noble character is stated as the most valuable wealth, (vi) women will remain well protected because noble character is stated as the real protector, (vii) one will be very powerful because noble character is stated as the real power, (viii) one's noble character will contribute towards building of an excellent and magnetic personality.

However, in spite of the above, our students and youth do not make any efforts to build noble character. Thereby, they deprive themselves of a large number of benefits in their life. Instead, they undergo sorrows, sufferings, miseries and failures, etc. in their future life. And then, they repent and repent for not having built noble character during their student life and youth period.

In view of the foregoing, it is wisest for our students and youth to make their best endeavours to build noble character and derive immense benefits for themselves, both in their professional and secular life as well as in their spiritual life. Thereby, they can live an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life.

**Practical ways to build noble character:-** After acquiring knowledge about the great necessity, invaluable importance and immense benefits of noble character or *satcharitra*, our students must be curious, eager and interested to know how to build the same. Building of noble character or *satcharitra* is also most vital in the life of human beings as it is the essence of human life. In view of the same, let us discuss in brief about the practical ways in which our



students can build noble character or *satcharitra* by adopting some methods and tools as advised by Swami Sivananda Saraswari.

However, before that, let us discuss one aspect in this regard. In each person we observe some good qualities as part of his character. Such good qualities are found inborn in him which were developed and acquired by him in his past births, and those good qualities find natural and spontaneous expression in his character and conduct in the day-to-day life in his present birth.

Certain good qualities are developed and acquired by one in his present birth after, consciously or unconsciously, observing those in the day-to-day conduct of his mother, father, other family members, teachers, class mates, friends as well as other persons around him in the society. He observes those good qualities in them and considers those qualities to be worthy of adoption in his life. He gets influenced by those qualities, and becomes inspired and encouraged to accept, emulate and adopt those qualities in his life. Then he makes endeavours, develops and acquires those good qualities. In this manner, he develops and acquires those good qualities in his present birth.

One also chooses some good qualities by himself and considers the same to be necessary and worthy of development in his life. Then he consciously makes endeavours to cultivate, develop and acquire those good qualities in his life of his own accord. In this manner also, one develops and acquires some good qualities in his present birth. In this connection, let us discuss in brief about the practical ways to develop good qualities by adopting some methods and tools as advised by Swami Sivananda Saraswari.

Let us take one good quality as an example. One considers that courage is a good quality and then he wants to

acquire the same. He can develop this good quality of courage by adopting the following practical method and tools:-

**(i) Conviction:-** First acquire knowledge about “courage” and thereafter, please build firm conviction in your mind to develop courage. Because, firm conviction will drive you to make necessary endeavour in the matter,

**(ii) Desire:-** Please have a strong desire to possess courage. If you do not have a desire, please create it. Then attainment of courage will be easy, like supply comes when there is demand, as this is the law,

**(iii) Willingness:-** Please create willingness in your mind to develop courage. Will follows desire like a dog following the master. Willingness is very important, because, then your mind will be positive and permissive, and it will open the door for you to develop courage,

**(iv) Interest:-** Please develop interest in your mind to develop courage because interest is the driving force which will propel you to make the required endeavour with inclination, dedication, commitment, sincerity and earnestness,

**(v) Resolve:-** Please make a resolve to develop "courage" and write down the same in the "Resolve Form" for the new year. (Please see the "Resolve Form" designed by Swami Sivananda Saraswati in Lesson No. 20 in Volume — 14 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati). This is a very effective tool for development of new good quality,

**(vi) Deep Thinking:-** Please think deeply, preferably in the morning hours, for some time, say 10 minutes, (a) by having a clear-cut image of the quality of courage, (b) about the great necessity and importance of possessing courage and (c) about the immense advantages and benefits of possessing

courage. During such deep thinking, please repeat and renew your resolve to develop courage. Consequent upon such deep thinking, the thought of developing courage will get strongly established in the subconscious mind, which will help one greatly to put the thought into practice in his day-to-day life. This is the central point and is of utmost importance. This is also a very effective tool for development of new good quality,

**(vii) Mental Affirmation:-** Please repeat the words "OM COURAGE" mentally and with all firmness in your command. Please also mentally affirm repeatedly and feel deeply for some time in your mind that you really possess courage. Such mental repetition and affirmation will also enter into your subconscious mind and will get reflected in your life's daily actions. This is also very important. This tool also is very powerful and effective for development of new good quality,

**(viii) Actual practice:-** Please commence actual practice to develop courage, i.e. please show or exhibit courage at the time of fear in the day-to-day activities of your life,

**(ix) Continuance of practice:-** Please repeat the practice again and again during the whole day. Swami Sivananda Saraswati says: "Always positive overcomes the negative. This is the grand law of the nature. Please have unshakable faith and confidence that you will possess courage. This virtue will develop slowly. Please wait coolly. Please do not be discouraged. It takes some time for the development of a virtue. You are bound to succeed in a short time." Please, therefore, continue the practice to develop courage through out regularly, sincerely, tenaciously, devoutly with strong determination, firm commitment, high positiveness, great encouragement and constant

perseverance. This is also very very important,

**(x) Overcoming difficulties, obstacles, failures:-** You are most likely to face many difficulties, obstacles, failures many times while practising development of courage in your daily life, like meeting frequent failures in life's other fields of activities also. But you need not get discouraged for such difficulties, obstacles, failures and need not give up the practice. Rather, you should continue to practise courage in your daily life with firm conviction, strong determination, great patience, self motivation, high encouragement, optimistic mind, sense of success, persistence and perseverance, in your own interest and for your own highest welfare and supreme good. Thereby, ultimately you will achieve success in your practice. You should remember that "Nothing is impossible in the world", "Failures are the pillars of success" and "Practice makes a man perfect". You should also repeatedly think of the gains or benefits which you will derive by developing courage in your daily life. Because such thinking will inspire, encourage and motivate you to keep continuing the practice till success is achieved,

**(xi) Daily Diary writing:-** Please maintain a "Daily Diary" and write down therein in the night the number of times you failed to show courage at the time of fear during the whole day. As Swami Sivananda Saraswati says, maintenance of a daily diary is a very powerful and effective tool and will ensure rapid progress in your practice. It will teach, guide and goad your mind to develop courage. (Please see the "Spiritual Diary" format designed by Swami Sivananda Saraswati in Lesson No. 20 in Volume - 14 of the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by Swami Sivananda Saraswati and Swami Chidananda Saraswati).

**(xii) Daily Introspection:-** Introspection means

studying one's mind by himself in solitude. Please do introspection daily, preferably at night before sleeping. During daily introspection, please study or watch your mind carefully to know whether you are progressing or remaining stationary or retrograding in development of the virtue of courage. If you are not progressing or if you are remaining stationary or if you are retrograding, you must take the remedial actions to stop remaining stationary or retrograding and to make progress in your practice. Then, as Swami Sivananda Saraswati says, you will achieve rapid progress in your practice of development of the virtue of courage. Daily Introspection is also a very powerful and effective tool for development of new good quality.

In this way, the quality of courage and also other good qualities or virtues can be developed.

Swami Sivananda Saraswati says that if somebody develops one good quality, then other good qualities can be developed easily as the latter follow the former. In this manner, one can develop the desired good qualities and build one's noble character.

(This write-up has been reproduced from the Book "Life Building Science" (Soft copy edition - 2024)

## **A Humble Prayer to Modern Students**

Sri Mohan Lal Agrawal

Dear Friends ! You have studied the previous write-ups titled “Precious Human Life and Its Proper Building”, “Value Education (Life-building, Character-building and Man-making Education) — Its Burning Necessity in the life of our Modern Students”, the “Real Education”, for our Modern Students” and “Sivananda Literature — Its Great Benefits for Modern Students in Life Building and Successful Living for our Modern Students” and “Introduction of a new subject named “Life Building Science” and Two new books on “Life-building, Character-building and Man-making Education” for study by our Modern Students”. Thereby, you have acquired introductory knowledge on “Life-building, Character-building and Man-making Education”, the newly designed subject of “Life Building Science”, and also various books to be studied by you in order to acquire detailed knowledge on various topics of "Life-building, Character-building and Man-making Education" or Moral, Ethical, Religious and Spiritual Education.

Dear Friends ! Now you need to study the books mentioned in the aforesaid write-ups in order to acquire necessary knowledge on various topics of the subject of "Life-building, Character-building, and Man-making Education".

Now, we will discuss on three aspects of studying those books, i.e. (i) first, the order in which you need to study those books, (ii) second, how to study those books and (iii) third, when to study those books.

### **(i) First, The order in which you need to study those books**

Dear Friends ! First, please study the Text Book "Life

Building Science". By studying the same, you will acquire introductory knowledge on the simple meaning, necessity, importance, manner, benefits and source of knowledge regarding various topics on the newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science". This will also create necessary inquisitiveness and interest in your mind; and encourage and inspire you to study the books written by great, spiritually illumined and God-realised Saints and Sages for acquiring detailed knowledge on each topic of the said subject.

Second, please study the book "Youth ! Arise, Awake and Adopt the Right Path of Life" (16 volumes). By studying the same, you can acquire detailed knowledge on various topics on the above newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science". Thereby, you can acquire the required knowledge on (i) the right goals of human life, (ii) the right path of human life, (iii) the right manner of building your life during your golden student life and youth period by laying the foundation pillars of human life properly and strongly and by constructing the superstructure of human life completely, properly, strongly and nicely, and (iv) the right manner of living the human life ideally and successfully, i.e. economically and materially prosperously as well as spiritually happily and peacefully.

Third, thereafter, you can study the other books written by the Spiritual Author Shri Swami Sivananda Saraswati on various topics on the above newly designed subject of "Life Building and Successful Living" , or, in short, "Life Building Science" in order to acquire further/ specialised knowledge on any such topic. Those books are published by the Divine Life Society, Sivanandanagar, Rishikesh, India. The soft copies of some of those books are available in the Divine Life Society Headquarters Website ([www.dlshq.org](http://www.dlshq.org) and

www.sivanandaonline.org) and our modern students can study the same therein, free of cost.

**(ii) Second, How to study those books**

Dear Friends ! Please study those books with willingness, patience, faith, interest and encouragement. Please also study the same earnestly, devoutly, sincerely, thoroughly, carefully and meticulously. Please study all chapters/lessons, one by one. Please study those chapters/lessons again and again. Repeated study, that too, with high level of receptivity, will enable you to get a clear and correct understanding of the teachings/knowledge contained in those books.

After studying each chapter/lesson of those books, please do manana or calm and deep reflection in your mind for some more time on the teachings/knowledge so gained. Such reflection will help you in proper grasping and full absorption of the knowledge in your mind. Please also do nididhyasana or composed and deep meditation for some longer time on the teachings/knowledge contained in each chapter/lesson of those books so that you will be able to absorb and assimilate the same in your mind deeply and retain in your memory instantly and for long period.

**(iii) Third, When to study those books**

Dear Friends ! Please study those books for 20 to 30 minutes every day. Please study the same in the early morning hours, because in the early morning hours, the mind remains calm, quite and fresh and is found to be in a receptive state, concentration of the mind comes easily and whatever is studied is deeply absorbed and easily remembered. And thereafter, you can study the books on your class lessons.

However, you may think that because of the heavy burden of your school/college/university class lessons, you may not find time every day to study those books. But, as the oft-quoted



saying "Where there is a will, there is a way" goes, if you so "will", you can find out/earmark 20 to 30 minutes early in the morning every day for studying those books. You can find such time every day (a) by sleeping early in the night and by rising early in the morning, (b) by keeping yourself away from time-wasting activities like excess sleeping, gossiping, indulgence in entertainment activities, excess use of social media, cinema, television, mobile phone, etc.; and (c) by making "time management" by preparing and sticking to what is called "Daily Routine" by allotting separate time for each of the various day-to-day activities of your life. A Model Daily Routine has been furnished in Lesson No. 21 on "Living of Religious and Ethical Life and Spiritual Life during student life and youth period" of the text book "Life Building Science" for your guidance.

However, in spite of the same, if you can not devote time early in the morning every day for studying those books because of the heavy burden of your school/college/university class lessons, you should study those books for 01 to 02 hours on all Sundays and holidays, in the early morning hours.

Dear Friends ! Our Saints and Sages say that the "Divine Blessing" has not only to be showered upon you, but you need to receive the same so that you can derive the real benefits for yourselves, otherwise, it will be of no real benefit to you. This can be well illustrated through an example. Suppose you need to store rain water in a water pot so that you can use it in future when you need it. For this, it is necessary that you keep the opening side of the water pot upward, facing the sky, and then only the rain water get into the water pot without being wasted and stored therein for your future use. But if you keep the opening side of the water pot downward, facing the ground of the earth, the rain water can not get into the water pot, go wasted and can not be stored therein for your future use. Similarly, if you receive the "Divine Blessing", that means if you study those books, acquire the needed knowledge on "Life-building,

Character-building and Man-making Education” and practise the knowledge so gained in your day-to-day life sincerely and meticulously, that means, if you build your rare and precious human life rightly by laying its foundation properly and strongly, and constructing its superstructure completely, properly, strongly and nicely, and live the same ideally and successfully, it will bestow the real benefits upon you and you will be the greatest gainer, otherwise you will be the greatest loser.

In view of the above Dear Friends ! I most humbly, earnestly and fervently pray to you all to kindly receive well the “Divine Blessing”; study the aforesaid books meticulously and thoroughly; acquire necessary knowledge on various topics on the newly designed subject of "Life Building and Successful Living", or, in short, "Life Building Science"; practise the knowledge so gained in your daily life dedicatedly, patiently, sincerely and meticulously; build your precious human lives accordingly; and live the same ideally and successfully. Thereby, you can derive immense benefits for yourselves. Dear Friends ! Please note that this is in your own interest, and for your highest welfare and supreme good.

Dear Friends ! Before I close, I most earnestly and fervently pray to you all to please listen to the "Concluding Advices to Modern Students" to be delivered by His Holiness Shri Swami Sivachidananda Saraswati, Former Secretary, Sivananda Centenary Boys' School, Bhubaneswar, Odisha, for your great benefit.

Now I take this opportunity to most humbly, earnestly, heartily and fervently pray to the Almighty Supreme Lord and all *Rishis*, *Munis*, Saints, Sages and Prophets as well as all Teachers and Professors to bestow Their Choicest Blessings upon you all for achieving crowning success in your above endeavours.

## Valedictory Address to Modern Students

H.H. Shri Swami Sivachidananda Saraswati

(Author's Note: In ancient time, students were imparted, in accordance with our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*, the right kind of education, viz. life-building, character-building and man-making education through moral, ethical, religious and spiritual education as well as secular education on various subjects of study by *Rishis*, *Munis*, the teachers, in educational centres known as *Gurukulas* or *Rishikulas*. During their education there, students were able to lay the foundation of their life properly and strongly with good physical health, powerful mind, noble character and ethical conduct and with strict observance of complete celibacy. Students were imparted knowledge about our country's great and glorious ancient culture and on the four grand goals of ideal human life according to our own culture, i.e. righteousness, economic prosperity, vital worldly desires and spiritual illumination, for living a successful, complete, purposeful, prosperous, happy and peaceful human life. Thus, students were coming out of the *Gurukulas* and *Rishikulas* with proper and strong foundation of their life; and rightly and adequately taught; and well prepared to live their future life completely and successfully.

Further, after completion of their education and before leaving the *Gurukulas* and *Rishikulas*, the *Rishis*, *Munis*, the teachers, were delivering convocation addresses to their students. Their convocation addresses contained some parting advices which were then considered necessary for students to observe in their future household life in the society for living their life rightly. (One such convocation address delivered by an ancient Preceptor, the Great Sage *Yajnavalkya*, to his students on completion of their education in his *Gurukula*, as contained in the *Taittiriya Upanishad*, *Siksha Valli*, *Eleventh Anuvaka* - 1 to 5, has been included in this book for study and benefits of our modern students).

Be good. Do good. — Swami Sivananda

In the modern time, students are imparted secular education only in schools, colleges and universities. They are not given life-building, character-building and man-making education through moral, ethical, religious and spiritual education. Consequently, they do not know about the same and are unable to lay the foundation of their life properly and strongly during their golden student life and youth period. They are also ignorant about our country's great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sankruti* and on the four grand goals of ideal human life to be achieved according to our own culture for living a complete, purposeful, prosperous and successful life.

Also, after completion of their education in schools and colleges, our modern students are also not given parting advices through convocation addresses regarding living of their future household life in the society rightly. However, convocation functions are arranged at universities and institutes; and dignitaries and guests from outside are invited to deliver convocation addresses to the students. Those addresses cover mostly topics relating to the respective fields of interest/ activities of the invited dignitaries and guests and in many cases, do not appear to be much related to living of future life rightly by the students, when compared with the ancient convocation addresses.

In this context, one 04 Days Student Awareness Programme on "Value Education for Life Building and Successful Living" was organised at IDM Public School, Bolangir, Odisha during November 2019 for guidance of their students, in the situation of lack of life-building, character-building and man-making education. At the end of the said programme, Swami Sivachidananda Saraswati belonging to the Divine Life Society, Rishikesh, India and the Secretary, Sivananda Centenary Boys High School, Bhubaneswar, Odisha, India delivered, in his inimitable style, the valedictory address to the participating students. That address can be termed as a convocation address to our modern students.

The said valedictory address of Shri Swamiji contains his valuable advices on all aspects of building of human life properly and strongly and living the same rightly i.e. completely, purposefully, prosperously and successfully by our modern students. Thus, the said valedictory address takes care of the complete needs of our modern students in this matter, in the present situation of lack of life-building, character-building and man-making education in the study curriculum in our modern schools, colleges and universities and also the present conditions obtaining in our modern society. In view of the same, the said address can be regarded as much more than convocation address, when compared with the ancient convocation address.

Further, in our humble view, the said valedictory address of Shri Swamiji is comprehensive and all-inclusive as well as highly enlightening and greatly inspiring. The said address is enormously valuable and profoundly beneficial for our modern students in the matter of building their life rightly during their student life and youth period and living their future life ideally and successfully. As such, it can be regarded as a life-long Universal Guide and True Companion of our modern students. Therefore, the said address has been collected and reproduced below, with the kind consent of Shri Swamiji, for study by our modern students all over for their right guidance and great personal benefits.

I most earnestly and fervently pray to our dear modern students to kindly study the aforesaid valedictory address of Shri Swamiji patiently, carefully, thoroughly and meticulously, with due earnestness and great interest; and also practise the advices contained therein earnestly, meticulously, sincerely and committedly in their day-to-day life, in their own interest and for their highest welfare and supreme good. Thereby, it is firmly believed, they will derive immense benefits for themselves.)

The above valedictory address of Shri Swamiji is reproduced as under:-

Be good. Do good. — Swami Sivananda

## Part - I

O Adorable Lord of Mercy and Love!  
Salutations and prostrations unto Thee.  
Thou art Omnipresent, Omnipotent and Omniscient.  
Thou art Existence-Consciousness-Bliss Absolute.  
Thou art the Indweller of all beings.

Grant us an understanding heart,  
Equal vision, balanced mind,  
Faith, devotion and wisdom.  
Grant us inner spiritual strength  
To resist temptations and to control the mind.  
Free us from egoism, lust, greed, hatred,  
anger and jealousy,  
Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.  
Let us serve Thee in all these names and forms.  
Let us ever remember Thee.  
Let us ever sing Thy glories.  
Let Thy Name be ever on our lips.  
Let us abide in Thee for ever and ever.

## Part - II

Blessed students ! When the result of some good actions performed by a person in some of his past births come up to fructify, it comes as a divine blessing in the form of some good fortune and auspiciousness at a point of time in his life. Accordingly, you must have done some good actions in some of your past births which have now fructified, and the good result of the same has come to you now as a divine blessing in the form of this Students Awareness Programme on the subject of "Value Education for Life Building and Successful Living",

which shows you "The Right Path" of human life upon this earth plane. That too, it has come at this very beginning period of your life here in the world. Because, this is the right time and most suitable and appropriate period during which you need to know "The Right Path" of your life and accordingly, you need to build your life properly so that you can live your future long life successfully, that is, economically prosperously as well as spiritually happily and peacefully. You are blessed in that way. Therefore, I address you all as the "Blessed Students".

Blessed students ! In the situation of lack of life-building, character-building and man-making education or moral, ethical, religious and spiritual education, called value education, in the modern schools, colleges and universities, it is a matter of great happiness that you have successfully undergone and completed this Students Awareness Programme on the subject of "Value Education for Life Building and Successful Living".

During this short duration programme, you have been introduced to various lessons on the subject of "Life Building and Successful Living". Now you have known the meaning, necessity, importance and benefits of each lesson on the said subject. You have also been presented with a set of the Book of compilation "Youth ! Arise, Arise, Awake and Adopt the Right Path of Life" in 15 volumes, which contains detailed teachings of the great, illumined and world renowned Saints Shri Swami Sivananda Saraswati and Shri Swami Chidananda Saraswati of the International Divine Life Society, Rishikesh, India, on all lessons on the subject of "Life Building and Successful Living".

Blessed students ! Please study all the lessons of the Book earnestly, devoutly, sincerely, carefully and meticulously. Please study the lessons with "*manana*" or calm and deep reflection in your mind for some time; and with

Be good. Do good. — Swami Sivananda

"*nidhidhyasana*" or calm, composed and deep meditation for some longer time on the teachings contained in the lessons of this book so that you will be able to absorb and assimilate the same in your mind deeply and retain in your memory instantly and for long period. Please study the Book for half an hour daily. However, if you can not devote such time daily because of the heavy burden of your class lessons, please study the Book for 02 to 03 hours on Sundays and Holidays. And acquire knowledge on all topics on "Life Building and Successful Living".

Blessed students ! After acquiring such knowledge, you need to put the same into practice in your daily life so that you can derive the real benefits for you. Knowledge is meant to be practised. If you do not practise, you can not derive the real benefits in your life. Knowledge is primary, but practice is must. This is extremely important for you. Please, therefore, practise, practise and practise the teachings. Please never neglect it.

Please practise *asana*, *pranayama* and physical exercises regularly; take good, nutritious and balanced food and have adequate sleep and thereby, build good physical health. Good physical health will enable you to perform your duties and responsibilities smoothly and efficiently and thereby, to achieve success in all fields of activities in your life.

Please practise thought culture, will culture, memory culture, concentration and meditation and develop a powerful mind. A powerful mind will enable you to perform your duties and responsibilities quickly, skillfully, efficiently and perfectly and thereby, to achieve success in all fields of activities in your life. You will get astounding results and derive immense benefits in your life by empowering your mind.



Please build noble character or *satcharitra* by cultivation of good qualities such as obedience, humility, respectfulness, friendliness, self-control, discipline, truth, non-violence, purity, self-control, honesty, selflessness, friendliness, love, compassion, forgiveness, tolerance, optimism; and eradication of evil qualities such as lust, anger, greed, selfishness, hatred, jealousy, arrogance, fear, pessimism. Please also cultivate 18 other good qualities which my Spiritual Master His Holiness Shri Swami Sivananda Saraswati has composed in the form of a song called the Song of Eighteen Ities. The Song is:-

### **SONG OF EIGHTEEN 'ITIES'**

Serenity, regularity, absence of vanity,  
 Sincerity, simplicity, veracity,  
 Equanimity, fixity, non-irritability,  
 Adaptability, humility, tenacity,  
 Integrity, nobility, magnanimity,  
 Charity, generosity, purity,  
 Practise daily these eighteen 'ities'.  
 You will soon attain immortality.  
 Brahman is the only real entity.  
 Mr. So and so is a false non-entity.  
 You will abide in Eternity and Infinity,  
 You will behold unity in diversity.  
 You cannot attain this in the university.  
 You can attain this in the Forest University."

Please build noble character, because noble character is the greatest power on earth. It is also the most valuable wealth of your life. This is the most important foundation of your life. With a noble character, you can achieve victory and success in all undertakings and in all fields of your life. This will enable to perform ethical conduct or righteous

conduct and thereby, make a bright future destiny for you.

Please perform ethical conduct or righteous conduct or *sadachara*. According to the universal and immutable Law of Actions, "as you sow, so shall you reap". If you perform ethical conduct or righteous actions, it will bestow good results upon you. But, if you perform unethical conduct or bad actions, it will yield bad results for you. By performing ethical conduct or righteous actions, you can achieve real success both in your professional and secular life and in your spiritual life. Please, therefore, perform always ethical conduct or righteous conduct or virtuous conduct or *sadachara*. This is another most important foundation of your life. This will make your future destiny as a bright one.

Please strictly observe complete celibacy or "*Purna Brahmacharya*". "*Brahmacharya*" will contribute a great deal in building your life strongly. "*Brahmacharya*" will bestow upon you success in all undertakings and in all fields of your life, both secular and spiritual. It will enable you to live your life successfully, both economically and spiritually. It will also contribute a great deal in building an excellent and magnetic personality. It is the basis of success both in your secular life and in your spiritual life. Strict observance of complete celibacy or "*Purna Brahmacharya*" is of vital importance in your life.

Blessed students ! Ethics and spirituality are the most worthy pursuits of human life according to our great, glorious, lofty, unique and ideal Indian Culture or *Bharatiya Sanskruti*. Please remember this well; and together with prosecuting your school, college and university education, please commence living an ethical life or *dharmik jeevana* and spiritual life or *aadhyatmik jeevana* from your student life and youth period itself in all possible manners. This is extremely important. And living of such life is also possible

and very easy. It will pay you rich dividends in your entire life. In this connection, my Spiritual Master His Holiness Shri Swami Sivananda Saraswati says:-

**Quote:** "Beloved children! The spiritual seed must be sown just now. Offer a fragrant flower to the Lord. It is a great offering. When you are young, you must do japa, kirtan and meditation, and study religious books. If you sow the seed now itself, it will strike a deep root, blossom forth in time and yield the fruit of immortality. When you grow older, you will develop knowledge and wisdom and devotion to the Lord. They will be your real wealth, eternal bliss and perennial joy." **Unquote.**

Blessed students ! Our Holy Scriptures say that "*Aacharyadevo bhava*" (आचार्यदेवो भव), that means the Teachers or the *Acharyas* or the *Gurus* are the Gods. Therefore, while studying in the educational institutions, please pay respect to them accordingly. Exhibit *shraddha* or love, *bhakti* or devotion and *vishwas* or faith in your conduct towards them. Obey them. Listen to them. Emulate their good qualities. Please pay regards to your seniors and love your juniors. Please maintain amicable and friendly relations with your classmates and friends. Please obey the rules and maintain discipline in the school.

Blessed students ! Please keep company of good people. This will help you to live your life rightly. Please always remain away from bad company. Because, the effects of bad company are disastrous. Bad company will ruin your life. Further, although television, computer and mobile phone are found necessary in the modern world, those are also your bad company and are considered as the dreaded enemies. Please, therefore, keep their use to the minimum, as is badly necessary. But, please do not use the same indiscriminately. Please do not use those instruments as sources of

entertainment and for passing of time, because use of the same for longer period are said to result in many types of serious physical, mental, emotional and psychological problems and sicknesses. Doctors and psychologists say that many times such mental and psychological diseases are almost incurable.

Blessed students ! Please put in hard labour. Study your class lessons sincerely, meticulously, tenaciously and dedicatedly. Acquire thorough and deep knowledge on the subjects. Please perform well in the examinations and come out with flying colours. This is necessary for enabling you to make a good profession, vocation or occupation for ensuring your physical existence upon this earth plane. Study is your primary duty. This is very important. Please do not neglect it.

Blessed students ! Complete your education and become a good professional like doctor, engineer, lawyer, management executive, chartered accountant, lecturer, professor or a good businessman or an agriculturist. Simultaneously, please note to become a good man, a noble man and an ethical man in your professional and household life. Please earn money and acquire material prosperity in order to meet your life's basic necessities, family needs, social needs, national and other needs and to live a reasonably comfortable life. But please note to earn money by honest and fair means only and without causing harm to others, in accordance with the rules of *Dharma* or ethical code of conduct. Become economically prosperous but in the legitimate way only. And with the help of your legitimately earned income and within the limit of the same, fulfill your various types of worldly and secular desires, that is, physical, biological, mental, psychological and emotional desires. But please ensure that such desires are need-based only and are

legitimate ones. Please live a life of simple living and high thinking. Please live an ideal household life. Such household life or secular life is inevitable and very important. This will give you true happiness in life.

Blessed students ! Please also note to become a spiritual man. Please live the spiritual life. Please pursue spirituality and practise Yoga and Vedanta in accordance with the instructions of your Spiritual Preceptor. Please live the divine life. Please put in your best endeavours to achieve the supreme goal of life, that is, Self-realisation or God-realisation or Liberation of the Soul from the cycle of births and deaths or *Moksha*. Achievement of this supreme goal of life will bestow upon you lasting happiness and eternal peace. It will also result in permanent cessation of all worldly sorrows and sufferings in your life. Spiritual life is indispensable and extremely important. Please never neglect this.

Blessed students ! Let ethics or righteousness or *dharma* govern all activities in all fields throughout your entire life. This will give you true material prosperity and real happiness. And let spirituality or *aadhyatmikata* be your greatest pursuit and supreme goal of life. This will give you permanent happiness and eternal peace. Ethics and spirituality are the life breadth of our Indian Culture or *Bharatiya Sanskruti*. Please remember this well and strive your best to become ethically perfect and spiritually wealthy. Thus, live your life successfully and ideally. Thus will your living upon this earth plane become ideal, successful, complete, meaningful, purposeful, prosperous and worthy. This is extremely important. Please never neglect it.

### **Part - III**

Blessed students ! Coming to the family front, building your personal life properly and living the same successfully will

have great positive impact on your children. You will be well equipped to groom them rightly by instilling in their mind moral and ethical values and spiritual impressions or *sanskaras*. You can develop them as well-mannered, good, noble, ethical, spiritual and successful human beings and in that manner, you can perform your duty towards them well. Blessed students ! Our Holy Scriptures say "*Matridevo bhava*" (मातृदेवो भव), that means the Mothers are Gods. "*Pitridevo bhava*" (पितृदेवो भव), that means the Fathers are Gods. Therefore, in your family life, treat your mother and father as Gods. Pay respects to them accordingly. Serve them lovingly. Take proper care of them. Please also treat other elder members in the family similarly. Extend love and affection to your brothers and sisters. Learn to practise adjustment and cooperation, and live lovingly and amicably with all family members. Maintain cordial and harmonious relations with all of them. Please make your home the heaven on the earth.

Blessed students ! Become a good member of the society. Perform well your duties towards your fellow beings in the society. Do *paropakara* or good to others. Help the needy, feed the poor, clothe the necked, serve the sick, share what you have with the less fortunate brethren, speak words of kindness, compassion, consolation, sympathy, encouragement with the forlorn and the disheartened. This is the greatest social duty. Also, as our Holy Scriptures and our Saints and Sages say, *paropakara* or doing good to others is the highest duty or *parama dharma* of human beings.

Understand religion in its true meaning and practice the same correctly. Follow your own religion but pay respect to all other religions. Please maintain religious unity. Keep friendly, loving, cordial and harmonious relations with your neighbours and all people belonging to all religions, faiths, castes, creed, colours, genders and nations, because we all are the divine

children of The One Almighty Supreme Lord, our Divine Father and therefore, we all are the divine brothers and sisters.

Also be kind and sympathetic towards the animals and insects; and the plants and trees, which are also the living creations of the Almighty Supreme Lord, the Creator. Never inflict harm or cause injury to them. Our Holy Scriptures and our Saints and Sages say that non-violence is the highest duty or *parama dharma* (अहिंसा परमोधर्मः) of human beings.

Thus, please become a good member and a real asset of the society.

Blessed students ! You are a citizen of the nation. Please, therefore, perform your duties towards the nation. Please love your motherland. Please be loyal to the nation. Please be patriotic to the nation. Please be nationalistic. Please maintain national unity, integrity, harmony and peace. Please obey and observe the laws and rules of the nation. Please protect all national properties. Please keep public places neat, clean and pollution-free. Please also preserve and protect the natural environment around you including trees, forest, water, river, air, etc. Please maintain ecological balance. Please also perform the duties of citizens as have been enshrined in our nation's Constitution. Please perform your duty first and then ask for your right. Thus, please be an ideal citizen and a real asset of the nation.

Blessed students ! You are also a citizen of the world. We, in India, in accordance with our great ancient culture or *Bharatiya Sanskruti*, believe in the principles of (a) Common Fatherhood of one God and Universal Brotherhood of all human beings upon this earth planet, (b) The Whole Universe is One Family and (c) Let all people of the world become happy. Please, therefore, practise and live these mottos in your personal life. Please keep up the feeling of universal brotherhood and maintain harmonious relations among all people of all nations of the world. Please practise unity of religions and contribute towards

world peace. Please offer prayer for the well being of all people of the world and for world peace. And thus, become an ideal citizen and a true asset of the world.

Blessed students ! Every country has its own culture and that culture only is suitable to its people. Please, therefore, follow our own culture, that is Indian Culture or *Bharatiya Sanskruti*. Please do not imitate blindly western culture which is not meant for our people and is not suitable to us. You should not imitate their superficial fashion and material way of life, but you should emulate their good qualities like cleanliness, punctuality, discipline, dutifulness, honesty, loyalty, patriotism, nationalism etc. Western culture contributes towards achievement of two goals only in human life. Those are: accumulation of huge material wealth and enjoyment of abundant worldly pleasures. These two achievements may give you plentiful material happiness and worldly pleasures but such happiness and pleasures do not last long, instead, these things are temporary only. Ultimately, these two achievements will result in sorrows and sufferings in your life. This has been the experiences of the people who have followed the western culture. But Indian Culture or *Bharatiya Sanskruti*, our own culture, will give you true material prosperity and legitimate worldly pleasures. These two achievements will give you true happiness and such happiness will last long. In addition, Indian Culture or *Bharatiya Sanskruti* will bestow upon you two more invaluable and most worthy achievements. Those are "righteousness" or "*dharma*" and "spirituality" or "*aadhyatmikata*". These two great achievements will result in attainment of the supreme goal of life, that is, Self-realisation or God-realisation or Liberation of Soul from the cycle of births and deaths or *Moksha*. This will bestow upon you happiness that will be permanent and peace that will be eternal. These two great achievements will also result in permanent cessation of sorrows and sufferings in your life.



Then only, your living upon this earth plane will be meaningful, purposeful, prosperous, peaceful, complete and successful. Then only, your living upon this earth plane will be ideal. Please, therefore, follow Indian Culture or *Bharatiya Sanskruti*, our own culture, our great, glorious, lofty, unique and ideal culture, in letter and spirit; and live your entire life in the pattern as has been envisaged and prescribed in our own culture. Please shine as "A True *Bharatiya*". Please radiate as "A Real *Bharatiya*". Please feel proud to be "A Genuine *Bharatiya*". Please never forget this. Please never neglect this. This is extremely important.

Blessed students ! Last, but not the least, please study Holy Scriptures and keep company of Holy Persons, Saints, Sages, Prophets and Godmen for some time every day. However, if it is not possible every day, then devote sufficient time for the same at least once in every week. But please make it a regular habit. Never neglect this. Because, these two pursuits are very much enlightening, beneficial, powerful and effective. These two pursuits will constantly show you "The Right Path of Life" and also guide, inspire and encourage you always to keep on walking in "The Right Path of Life" amidst all obstacles and unfavourable circumstances. Then only you will be able to live a successful life upon this earth plane.

Blessed students ! Another most important thing. Please "DIN", that is, "Do It Now" as my Spiritual Master His Holiness Shri Swami Sivananda Saraswati says. Because, if you will think that you will study the book of compilation "Youth ! Arise, Arise, Awake and Adopt the Right Path of Life" tomorrow or practice the knowledge to be gained from the said book "tomorrow", that "tomorrow" will never come, and in that case, you will be the greatest loser. But if you study the book "today" and practise the teachings "today",

you will be the greatest beneficiary. Life is short. Time is fleeting. Therefore, please "DIN", "Do It Now" and derive immense benefits for yourself. This is in your own interest, and for your highest welfare and supreme good.

**Part - IV**

I pray to the Almighty Supreme Lord and all Saints, Sages, Prophets and Godmen of all nations, religions, faiths and beliefs to bestow Their Choicest Blessings upon you to enable you to endeavour your best on "The Right Path of Life", build your life properly and live the same successfully. God Bless you all.

(Reproduced from the Book "Value Education for Life Building and Successful Living")

(H.H. Shri Swami Sivachidananda Saraswati is a senior saint of the Divine Life Society, Rishikesh, India. He is a direct disciple of its Founder-President H.H. Shri Swami Sivananda Saraswati having been blessed with Mantra Diksha by Him in 1958. He is a direct sannyasi disciple of its Second President H.H. Shri Swami Chidananda Saraswati having been blessed with Sannyasa Diksha by Him in 1983. He was a Lecturer in Sanskrit from 1973 to 1977 at Talcher College in his pre-monastic life. He was one of the founding members of the Sivananda Centenary Boys High School, Bhubaneswar, Odisha; and extended his honorary service to the said School for long 40 years from 1984 to 2024 in various capacities including President and Secretary. He was in direct and close association with students and Teachers for a long period of 45 years. He has also guided, graced and blessed many youth, students and teachers conferences and programmes organised by the branches of the Divine Life Society, and also at many schools, colleges and universities with his enlightening and inspiring addresses.)

## Convocation Address to Ancient Students

In ancient India, students were taught in the "*Gurukulas* and *Rishikulas*" by *Rishis*, *Munis*, the *Brahma Vidya Gurus*. They were imparted "Life-building, Character-building and Man-making" education through moral, ethical, religious and spiritual education, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Consequently, they were able to lay the foundation of their life during their student life threat properly and strongly with good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy. They were acquiring knowledge about our Indian Culture or *Bharatiya Sanskruti* and on the four grand goals of ideal human life according to our own culture, i.e. righteousness, economic prosperity, vital worldly desires and spiritual illumination, for living an ideal, successful, complete, purposeful, prosperous, happy and peaceful human life. Thus, the ancient students were coming out of the *Gurukulas* and *Rishikulas* with proper and strong foundation of their life; and rightly and adequately taught; and well prepared to live their future life completely and successfully.

At the time of their departure from the "*Gurukulas* and *Rishikulas*" on completion of their study, their Teachers, the *Rishis*, *Munis*, the *Brahma Vidya Gurus*, were imparting them necessary final teachings on how they should conduct themselves in their household life so that they could live a successful life. Such final teaching or address is called "Convocation Address".

One such "Convocation Address" delivered by the ancient Preceptor, the Great *Rishi Yajnavalkya*, to his students on completion of education in his *Gurukula*, is found in the *Taittiriya Upanishad, Siksha Valli*, Eleventh *Anuvaka* - 1 to 5. The meaning of the said convocation address is given below. The said address is as relevant in the modern time as it was so in the ancient time. Therefore, our modern students can most profitably study the same and derive immense benefits in their life from the same.

## Ancient Convocation Address

(*Taittiriya Upanishad, Siksha Valli*, Eleventh *Anuvaka* - 1 to 5)

वेदमनूच्याचार्योऽन्तेवासिनमनुशास्ति । सत्यं वद । धर्मं चर । स्वाध्यायान्मा प्रमदः ।  
आचार्याय प्रियं धममाहृत्य प्रजातन्तुं मा व्यवच्छेत्सीः । सत्यान् प्रमदितव्यम् । धर्मान्  
प्रमदितव्यम् । कुशलान् प्रमदितव्यम् । भूत्यै न प्रमदितव्यम् । स्वाध्यायप्रवचनाभ्यां न  
प्रमदितव्यम् ।

देवपितृकार्याभ्यां न प्रमदितव्यम् । मातृदेवो भव । पितृदेवो भव । आचार्यदेवो  
भव । अतिथिदेवो भव । यान्यनवद्यानि कर्माणि । तानि सेवितव्यानि । नो इतराणि । यान्यस्माकं  
सुचरितानि । तानि त्वयोपास्यानि । नो इतराणि ।

ये के चास्मच्छेर्यांसो ब्राह्मणाः । तेषां त्वयाऽऽसनेन प्रश्वसितव्यम् ।

श्रद्धया देयम् । अश्रद्धया देयम् । श्रिया देयम् । ह्रिया देयम् । भिया देयम् । संविदा  
देयम् । अथ यदि ते कर्मविचिकित्सा वा वृत्तविचिकित्सा वा स्यात् । ये तत्र ब्राह्मणाः सम्मर्शिनः ।  
युक्ता आयुक्ताः अलूक्षा धर्मकामाः स्युः । यथा ते तत्र वर्तेरन् । तथा तत्र वर्तेथाः ।  
अथाभ्याख्यातेषु । ये तत्र ब्राह्मणाः सम्मर्शिनः । युक्ता आयुक्ताः । अलूक्षा धर्मकामाः स्युः  
। यथा ते तेषु वर्तेरन् । तथा तेषु वर्तेथाः । एष आदेशः । एष उपदेशः । एषा वेदोपनिषत् ।  
एतदनुशासनम् । एवमुपासितव्यम् । एवमु चैतदुपास्यम् ।

Having taught the *Vedas*, the preceptor exhorts the disciple:

1. "Speak the truth. Adhere to *Dharma* and do your duty. Never swerve from the study of the *Vedas*. After giving

the preceptor the fee he desires, enter into household life and do not cut off the thread of the offspring. Never swerve away from speaking the Truth. Never swerve from observing *Dharma* and performing your duty. Never neglect your welfare. Never neglect your prosperity. Never neglect the study and the teachings of the *Vedas*."

2. "Never swerve from the duties to the gods and to the manes. May the mother be thy God. May the father be thy God. May the preceptor be thy God. May the guest be thy God. Let only those actions that are free from blemishes be done, and not others. Only those that are good acts to us should be performed by thee and not others."

3. "You should remove the fatigue of *Brahmanas* who are superior to us by serving them with seats, etc."

4 & 5. "Gift should be given with *shraddha* or faith, it should never be given without *shraddha* or faith, it should be given in plenty, with modesty, with sympathy.

Now if any doubt as regards any action or conduct arises in you, you should act in those matters in the manner in which the *Brahmanas*, who are thoughtful, religious, not set on by others, not cruel, devoted to *Dharma*, act there.

Now as regards persons accused of sin, deal with them in the manner in which the *Brahmanas*, who are thoughtful, religious, not set on by others, not cruel, devoted to *Dharma*, deal there.

This is the injunction. This is the teaching. This is the secret of the *Vedas* and the *Upanishads*. This is the (God's word of) command. This should be observed. Thus is this to be meditated upon."

(Reproduced from the Book "Value Education for Life Building and Successful Living")

## **Model Daily Routine for our Modern Students**

Sri Mohan Lal Agrawal

Modern man, and more particularly, modern students, are hard-pressed / over-burdened with a large number of works in their hands to perform every day; and therefore, they become unable to devote their limited time to many important works and those works remain undone. And then, they say that time was inadequate for them for which they could not perform those important works. Hence, as a part of finding solution to this problem, they need to make "Time Management". In this connection, they need to prepare "Daily Routine" for themselves by listing the all works to be performed by them daily, allot adequate time to each such listed work and stick to the same. His Holiness Sri Swami Sivananda Saraswati prescribes such "Ideal Daily Routine" for different categories of people including students. Therefore, our modern students may follow the "Ideal Daily Routine" devised by him for students, and on the lines of the same, they may prepare their own "Daily Routine" keeping in view their own requirements. A model "Daily Routine" prepared for them, on the lines of the one devised by His Holiness Sri Swami Sivananda Saraswati, is reproduced below, for their guidance:-

The above model "Daily Routine" is just for guidance only of our modern students, and they may prepare their own "Daily Routine" keeping in view their own personal requirements. His Holiness Sri Swami Sivananda Saraswati says that "Daily Routine" is flexible, and one may revise the same as and one may revise the same as and when he finds it necessary.

Be good. Do good. — Swami Sivananda

<b>A MODEL DAILY ROUTINE FOR THE MODERN STUDENTS</b>		
	From	To
Answering the call of nature	4.00	4.15 a.m.
Asana, Pranayama	4.15	5.15 a.m.
Trataka, Japa, Meditation	5.15	5.45 a.m.
Study of class lessons	5.45	7.15 a.m.
Study of Spiritual Literature & Bhagavad Gita	7.15	7.45 a.m.
Preparation for class lessons	7.45	9.15 a.m.
Bath, breakfast	9.15	10.00 a.m.
School/College/University hours, including lunch	10.00	5.00 p.m.
Games, Sports, <i>Nishkamya Karma</i>	5.00	6.00 p.m.
Trataka, Japa and Dhyana	6.00	6.30 p.m.
Study of class lessons	6.30	8.30 p.m.
Supper	8.30	9.00 p.m.
Self-analysis, introspection, spiritual diary	9.00	9.30 p.m.
Japa, Kirtan, prayers	9.30	10.00 p.m.
Sleep	10.00	4.00 a.m.

**NOTE:-**

1. Early to sleep and early to rise is the right way to utilise the time in the best manner and get the maximum physical, mental, psychological, intellectual as well as spiritual benefits. As such, our modern students and youth need to sleep early in the night and get up early in the morning,
2. Swami Sivananda Saraswati says that giving free tuition to poor students or serving the sick persons during intervals will constitute *Nishkamya Karma*, and
3. Swami Sivananda Saraswati further says that students and youth should prepare their daily routine keeping in view their respective individual requirements so that it will suit them and they can easily stick to the same.

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One can derive the following important benefits by preparing "Daily Routine" for himself and following the same in his day-to-day life:-

(i) All daily works, as has been planned, are included in the "Daily Routine" without forgetting to include one or more works. Consequently, all such works are listed for performance every day and no work is left out,

(ii) Required/ due time is allotted to each work of the day, and thereby, each work gets adequate time for performance,

(iii) The day's listed works are performed in a planned, systematic and disciplined manner,

(iv) One's day-to-day listed works are performed smoothly and in a hassle-free and stress-free manner. At the end of the day, one does not get mental agony or stress caused due to non-performance of any listed work(s) of the day,

(v) Day's available time is properly, rightly and gainfully utilised, without getting wasted. This is most important because, time once wasted is lost for ever and can never be regained.

One should follow his "Daily Routine" strictly and meticulously. Thereby, all his day-to-day listed works are most likely to have been performed.

However, by doing the same types of works repetitively every day, one may, on some occasions, feel monotonous. In that case, he should keep a positive and cheerful mental set-up and think that the listed works are new works for him for that day; thereby, he will feel afresh; and then he should perform those works. Also, he should think of the many benefits to be derived by him by performing his works as per the Daily Routine. In fact, the benefits of sticking to Daily Routine are much more than the discomforts caused due to feeling monotonous. Thereby, he will feel encouraged to stick to his Daily Routine. Further, he should self-motivate himself to keep adhering to the Daily Routine. Thereby, he will feel inspired and continue to strictly



adhere to the Daily Routine prepared by him.

On some other occasions, one may not be able to stick to his "Daily Routine" completely and he may fail to perform some item(s) of listed work(s) due to unforeseen circumstances, compulsions beyond one's control, change in priority, etc. In such circumstances, he need not get disturbed or disappointed. Instead, he should maintain a peaceful mental set-up all along and bear the same calmly and quietly and keep mental serenity. If necessary, he may make suitable plan to perform the same at some other time, and thus, he should remain satisfied.

**PART - C**  
**Messages and Advices of**  
**H. H. Shri Swami Sivananda**  
**Saraswati and H. H. Shri**  
**Swami Chidananda Saraswati**  
**to Students**

## Messages of His Holiness Shri Swami Sivananda Saraswati to Students

Extract from Sri Swami Sivanandaji's  
Broadcast over the Patna A.I.R.  
(18th September, 1950), (8.15 p.m.)

### REAL EDUCATION

"Blessed children!

"Let us now chant OM. OM is perennial joy and eternal bliss. Let us meditate now for a few minutes, thinking of the attributes of OM. (*All sit statue-like in meditation.*)

"You enjoyed peace. You withdrew the mind and the senses from external objects. You centred them on the innermost *atma*, the source of this entire universe. Even this much of meditation gives strength.

"Sow the spiritual seed when you are young. Practise *japa*, *kirtan*, meditation and prayer; cultivate divine virtues; eradicate evil qualities or traits. Only then will you grow in spirituality. Practise some *asanas* regularly and keep your body in good health. Practise *pranayama* also. Study your lessons well. Go to bed early in the night. Meditate in *brahmamuhurta*, and study your lessons at this time. Practise deep breathing. You should also practise *suryanamaskaras*. Meditate on *Surya*. The sun is the power that gives you health and strength. Keep the body strong and healthy. Only then will you be able to construct the super structure of *sadhana* for God-realisation. *Asanas* have a great advantage over other systems of exercises. *Asanas* are the best tonics. They ensure abundant supply of blood to the brain and other internal vital organs, which play a prominent part in the preservation of health. They generate hormones which are essential for health."

"Side by side with the school education, you should learn that *vidya* which alone constitutes real education. That

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real education alone will give you immortality, peace, bliss and supreme knowledge. That real education is *Brahma Vidya*. It is the science of sciences and it will help you control the mind and the senses, and fix the mind on the *atma*. Study religious books. Acquire a knowledge of this *Brahma Vidya*. Then practise and attain the goal of life.

"Let me remind you of the convocation address of the ancient seers. You will come across this convocation address in the *Taittiriya Upanishad*. *Satyam vada, Dharmam chara, Swadhyayan ma pramadah*. You must practise these in your everyday life. You must keep a spiritual diary. Gradually through keeping a spiritual diary, through self-analysis, introspection-in introspection one portion of the mind studies another portion of the mind—watching the mind as a witness, you can find out the defects that lurk in your own mind, and you can mould your character. Character is power. Knowledge is power. Character is a greater power than even knowledge. A man without character is a dead man though living. You must cultivate these virtues which go to make you a superman. You are all the hope and glory of the nation, nay, of the whole world at large. Here is a Dayanand, here is a Vivekananda, here is a Rama Tirtha—amongst you all. All these saints are hidden in you. You must know that science that would awaken your dormant faculties. All the qualities that characterise a saint are hidden in you. You will have to unfold your latent dormant faculties, through *japa*, through *kirtan*, through meditation, through *satsanga*, through enquiry and self-analysis. Do *vichara*. Assert: 'I am not the body. I am not the mind. There is One Supreme consciousness. That Consciousness I am.' One Lord; one *Brahman*—He is hidden in all beings like fire in the wood, butter in milk and oil in the seed, like mind in the brain.

"Side by side with your studies, do a little *japa*, *kirtan*, and *svadhyaya* or study of the *Gita*, *Upanishads*, etc. You

will have to meditate regularly for a few minutes in the early morning hours. Only then will you become a real man. Only then will you see the unseen, hear the unheard, know the unknown--the God within, the *antaratman*, or your innermost Self. That is your goal.

"Strive ceaselessly and work hard to pass your examinations. You must stand first in all your examinations. When the examination approaches, you will burn the midnight oil, cram your lessons, vomit them on the papers and then forget everything. You should not do that. Even if an examination is held today, you must be able to stand first. Every day you should study the previous lessons, today's lessons and tomorrow's lessons also. Then you will get a first-class pass.

"Serve the parents. Serve the nation. Become a *Nishkamya Karma Yogin*. Work selflessly. Work without expectation of fruits. Scrutinise your inner motives; let your motives be pure and divine. Realise the God who ever dwells within you:

Within You Is Hidden God.  
Within You Is Immortal Soul.  
Kill This Little 'I', Die To Live.  
Lead The Divine Life

"May God bless you all with health, long life, peace, prosperity and eternal bliss. May you all grow into superman, saints and sages."

#### **ADDRESS AT THE OLD CONVOCATION HALL: DELHI UNIVERSITY**

Siva was invited to the old Convocation Hall where several students of the University had assembled to hear Siva. Without any formality or introduction whatsoever, Siva began to address the students. Most of his speech consisted of his own English songs.

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"I have given the essence of the *Vedas*, the scriptures and the teachings of sages, seers and prophets in these aphoristic words which I have composed in song-form in order to help you memorise them.

Serve, Love, Give, Purify, Meditate, Realise.

Be good, Do Good, Be Kind, Be Compassionate.

Adapt, Adjust, Accommodate. Bear Insult,

Bear Injury-Highest *sadhana*.

Enquire Who am I? Know the Self and Be free."

Siva then sang the Song of Instructions.

"All these things might be frightening before you actually begin to practise them. But when you once begin to practise them, they give you joy. They generate strength within you. You will soon feel that you are a different man. You will acquire inner peace and strength. They will make you do more *sadhana*. One virtue leads to countless other virtues. Be established in one virtue; all the other divine qualities will of their own accord take their abode in you."

(Source: Sivananda's Lectures during All India and Ceylon Tour - 1950)

### **SPIRITUAL OUTLOOK FOR THE YOUTH**

*(A tape-recorded Message of Sri Swami Sivananda addressed to a child, intended for a film sequence)*

"The child is the father of man," so said a sage. Blessed child! You are the hope of the future generation, and you will be leaving to the world as legacy all that you have learnt and acquired, in each and every field of human interest and accomplishment, and your successes and failures, ideas and actions, will reflect upon the coming events, and will make them either great or small in the eyes of the posterity.

Blessed child! Is it not your ambition and ardent duty to acquire first for yourself all that is great, all that is noble, all that is invaluable, and all that is worthy of aspiring and attaining by a human being within his span of life?

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At first, noble child, try to know the source of life, meaning of it, the goal for it and the way to attain that end.

Then, my blessed one, put forth right endeavour with all sincerity and earnestness at your command, which will confer upon you success in your struggle for evolution, and fill your being with perfection and happiness.

God is the source of life and He is the source of all that exists here, or on any other plane of existence. Don't you see a perfect orderliness and rhythm in the pattern of creation, of which you are a unit? Can any other agency than God, the embodiment of Existence-Knowledge-Bliss Absolute, be the source of creation? All natural laws and forces of which the protons, electrons and atoms are units set in motion by His will, and they work according to the cosmic plan, unless they are momentarily disturbed by man's foolishness to his own detriment. So, believe firmly in the existence of God and His supremacy.

The meaning of life is to get back to the source, form where all have come, after fulfilling the role in one's life in the best possible manner. My child! you have come here to learn, not to be involved indefinitely. This vast world is a school for you; everyone is a teacher; and all the experiences of life are but lessons intended for you to grow wise by. Learn your lessons carefully and correctly, quickly and systematically, cheerfully and seriously, and promote your understanding and spiritual status, day by day, nay, hour by hour. The all-merciful and the all-wise Lord has given definite laws to guide you in life, specific duties to discharge, ample privileges to enjoy, and, in short, wide scopes for developing your body, mind and intellect, on your way towards the goal.

*Satyam vada* — speak the truth; for God is Truth and you can attain Truth only by practicing truth, by adoring truth, and by following the path of truth.

*Dharmam chara* — follow the way of righteousness:

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for, my child, nothing is haphazard here, and there is a correct way of thinking, acting and conducting yourself at each and every stage of your life. Follow this path with scrupulous care, and it will lift you up to the higher and purer realms of existence, confer upon you more valuable gifts of God and nature, and ennoble your being in all ways. Blessed child! Do not forget that Dharma is the seed, from which sprouts the mighty tree of artha or worldly prosperity that yields the fruits of Kama or enjoyments. This wonderful tree of life, sprouting from the seed of righteousness, finally bestows upon you the most delicious manna of Moksha, or liberation, by eating which you will hunger no more, but have full satiation. This Moksha or liberation is the *summum bonum* of life, the consummation of all your noblest and purest aspirations, the final purpose of leading a righteous life, and the dazzling crown that is placed on your head by your divine Father, the Lord. Blessed child, please do not forget that you are an heir to the Divine Throne. You are not to crawl here like a worm, full of want and imperfection, full of mundane desires and afflictions. You are Atma Samrat. You should have mastery over the mind. You should discipline the senses and cleanse your lower nature. You should work hard and strive well to make yourself better in every way. You are not a play-toy in the hands of destiny, but the master of your own fate. You make your own future or destroy it by what you do now. By timidity, sloth and absence of pluck, initiative and boldness, you suffer in poverty and are miserable. By being an abject slave of your senses you are like a helpless creature without a spine. Take courage by the forelock and stand up like a lion. You are the master of your own destiny. Be bold; be cheerful; a promising future awaits you.



**Advices of His Holiness  
Shri Swami Sivananda Saraswati to Students  
(Some Advices excerpted from  
the Book "Religious Education"  
written by Swami Sivananda Saraswati)**

"O youth of India ! O students of the holy land ! Awake now and recognise this important fact. Shake off indifference and negligence. This is in your hand. Arise. Tread the path of righteousness. Walk the way of truth, purity, selflessness and active goodness. Develop a pure and sublime character. Become ethically perfect. Shine as glorious examples to the modern world. Inspire the youth of nations abroad. Become worthy of the ideals of this great land. Pave the way for your success, prosperity, progress and perennial happiness. Now is the time. Here is the opportunity. You have to do it now." (Page - 16)

"..... Students must wake up to their responsibility of being Indians first and foremost, and then being upholders of their integral culture of righteousness, justice, truth and love of spiritual values." (Page - 26)

"Do not waste time. Do not procrastinate. Decide and do. "D.I.N." - do it now! Procrastination is the thief of time. Possess an unblemished character. Character is a mighty soul-force. A man of noble traits and good character also possesses a tremendous personality. Change your thoughts and aspirations, then your character will also change. New, healthy, strong, virtuous habits will replace old, morbid, abnormal, vicious habits. Character is the garb of saintliness. Build your character perfectly. This will ensure your success in life." (Page - 32)

### **“Blue-Print for Success”**

“You, who have understood these truths, have much to do. You must discipline yourself and waste not even a second. Be attentive and industrious in the class. Be regular in all walks of life. Be regular in going to bed and in rising early in the morning. What you can learn in one hour of study during the period of Brahmamuhurta (4 a.m. to 6 a.m.), you will not learn in four hours of study at other times. During Brahmamuhurta the mind is calm and it is easy to concentrate. Whatever you study then will be indelibly impressed in your mind.

Take pure food. Be regular in your studies and physical exercises. Regularity should be your watchword. Then you will have success in life. Chalk out a daily routine and stick to it. Regularity, punctuality and discipline go hand in hand. College students in India imitate the Westerner in dress, manners, etc. But have they imbibed from him the important virtues of punctuality and regularity? One should be punctual and regular at all times.

You should cultivate patience and perseverance. No success in life or even at school is possible without these qualities. All the famous persons of the world achieved greatness, success and eminence through patience and perseverance. A patient student always keeps a cool head and a balanced mind; he is not afraid of difficulties and obstacles. Patience helps you to conquer your temper. It gives you immense strength. Always be cheerful and spread joy everywhere.

Speak the truth. Write in bold letters the words: "Speak the truth", and place it in your study and in other prominent places in your house. Meditate upon the glory of truth. Never utter a falsehood. Punish yourself by fasting if you tell a lie. You will soon get established in truth. Be honest and sincere. Be free from crookedness, cheating, hypocrisy, vanity and double-dealing. Sincerity is the greatest virtue.” (Page - 32)

## **Divine Life for Juniors**

### **1. Faith**

Have faith in God. Have faith in the holy scriptures and in the words of the wise. Have faith in your own self. Have faith in the Grace of the Lord and in the power of the Divine Name. Pure faith can work wonders.

### **2. Obedience**

Obey your parents and teachers. Obey your brothers and sisters. Obedience is higher than reverence. You will shine as a great man. You will get success in all you do. You will be prosperous and happy.

### **3. Keep Good Company**

Keep good company. Give up the company of bad children. They will spoil your character if you are not careful. Do not smoke, gamble or play cards. Seek the company of the wise and of devotees of God. Sit silently, listen to their instructions and practise them.

### **4. Speech**

Speak the truth. Speak sweetly. Speak with love. Observe silence. Do not speak ill of anyone. Think carefully before you speak. You will be peaceful and happy.

### **5. Adapt**

Patiently listen to the words of others even though they are not interesting. Never fret and fume. Patient listening develops the will and wins the hearts of others. Understand well the nature of people.

### **6. Adjust**

Do not be stubborn. Be willing to change. Adjust yourself in such a way as to be pleasing to others. Always react in a harmonious manner. Serve all and love all.

### **7. Cleanliness**

Be neat and clean. Cleanliness is next to Godliness. Be neat in your dress. Have a daily bath. Do not let clothes and

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books lie everywhere. A clean life indicates a strong mind and good discipline. It shows that you are refined.

### **8. Sincerity**

Let the thoughts agree with the words. Let the words agree with the actions. Let there be harmony among the words, actions and thoughts.

### **9. Reverence for Life**

Be kind and loving to animals, birds and all creatures that creep and crawl. Be merciful to them. Do not destroy the beautiful flowers and plants unnecessarily. You will then lead a rich and useful life.

### **10. Cheerfulness**

A laughter a day keeps the doctor away. Be ever cheerful in whatever difficult conditions you may be placed. A cheerless mind is a diseased mind. Cheerfulness will let you tap the power within. It will turn failure into success.

### **11. Be ever Busy**

Be ever busy. Keep the mind occupied in some useful work. Keep the company of good friends. An idle brain is the devil's workshop. Do not join idle company. Stick to a daily routine. Develop the power of observation. You will have a wonderful memory and will-power.

### **12. Time**

Time is valuable. It is more precious than money. Money can be earned again if lost, but if time is lost it cannot be regained. A moment once gone cannot be called back. Life is but a collection of small moments. You will become a great person if you utilize your time in a useful manner.

### **13. Conduct**

Think deeply. Decide correctly. Act carefully. Speak truthfully. Move tactfully. Work diligently. Talk gently. Behave properly. Do not twist words and topics. Avoid cunningness and crookedness.

#### **14. Charity**

Give, give, give. This is the secret of abundance. Give willingly to charity. Share what you have with others. This will purify your heart and lead to the vision of God. You will earn undying name and fame.

#### **15. Health**

Go to bed early and get up early. You will be healthy and strong. Eat only those things that are good for your health. Do not overeat. Exercise daily. Let nature heal you. All diseases begin in the mind. Be always cheerful. Good health is the best of all possessions.

#### **16. Be an Ideal Child**

Be simple. Be humble, Be gentle, Be honest. Be bold. Be cheerful. A positive attitude always brings success in any task. A negative approach brings failure. Shine like a saint.

#### **17. Self-analysis**

Just before retiring to bed, think of the mistakes you have committed during the course of the day. Ask God for forgiveness. Benjamin Franklin kept a daily diary and correction register. You can do the same. You will remove all your weaknesses and shine like a star.

#### **18. Study**

Together with your lessons you must study daily the Gita, the Bible, the Koran, the Upanishads and other holy scriptures. Put into practice what you have learnt. You will progress in your life and shine gloriously.

#### **19. The Divine Name**

The power of the Divine Name is marvelous. Repeat His Name at all times, even while you study, play and work, while you eat and rest. Choose any Name, like Sri Rama, Om Namah Shivaya, Jesus, Allah, and repeat it always. The Lord's Name is the source of all inspiration and strength. Cling to it. It is the best medicine for any disease.

### **20. Service**

Serve the poor and the sick. Serve the needy. Serve those in sorrow and distress. Serve birds and animals. Serve with kindness, love and sympathy. Service is worship of God. In serving others you serve God. This is the highest religion.

### **21. God**

God is live. God is truth. God is peace. God is knowledge. God is power. God is bliss. He dwells in your heart. He is your friend and guide. He is your real father and mother. Realise Him and be forever happy and peaceful.

### **22. Prayer**

Pray, meditate and chant God's Names daily. Pray to Him with a heart filled with devotion and love. Pray to become a good boy or girl. Take complete refuge in God.

### **23. Simplicity**

Be artless. Be simple in your speech. Do not twist words and topics. Be plain. Avoid cunningness and crookedness. Be simple in dress. Be simple in your food.

### **24. Become a Hero**

Do not be timid. Be courageous. Be bold. Be cheerful. Walk like a lion. Talk boldly. Do not be shy. Be ever active. Have faith and trust in God.

### **25. Be Moderate**

Eat less, study more. Sleep less, pray more. Preach less, practise more. Hoard less, give more. Talk less, listen more. Sit less, serve more.

### **26. Be Considerate**

Remove thorns and glass pieces from the road. Learn first aid. Become a scout or guide. Help mother in the kitchen. Clean the house. Wash your clothes yourself. Help the blind and the dumb. Help your mates. Make them understand what you have learnt.

**27. Be Tolerant**

Respect Respect all religions. All religions lead to the one God. Respect all saints and prophets. They are all messengers of God. The essentials of all religions are the same. Remember this point well.

**28. Serenity**

Be serene and calm under all conditions. Cultivate this virtue again and again. Serenity is like a rock; waves of irritation may dash on it but cannot affect it.

**29. Only One God**

There is only one God. But His Names and forms are endless. Call Him by any Name and worship Him in any form that pleases you. You are sure to see Him and get His Grace.

**30. See God in All**

Your father is your visible God. Your mother is your visible God. The teacher is your visible God. The guest is your visible God. The poor are your visible God. The whole world and all creatures in it are forms of God. Therefore, love, serve and respect all.

**31. Surrender**

Surrender to God is the highest prayer. Whatever has happened has happened by the will of God. What is happening is happening by the will of God. Whatever is to happen will happen by the will of God. Therefore, worry not, fear not. Be not anxious. Be not nervous. Trust in God and be ever happy and peaceful.

## **TWENTY ADVICE TO STUDENTS**

1. Get up at 4 a.m. Never sleep at sunrise. Study your class lessons thoroughly every day.
2. Be regular in diet, games, and physical exercises.
3. Serve and respect your teachers, parents and elders.
4. Love your equals and inferiors as also your servants.
5. Never quarrel with co-students.
6. Talk little, speak politely, gently, sweetly and lovingly.
7. Preserve semen (vital fluid) very carefully. Never waste even a drop of this precious energy through any unnatural means.
8. Through Brahmacharya or celibacy you can conquer the whole world.
9. A true Brahmachari attains success in all undertakings.
10. Serve the sick at home as well as in your neighbourhood.
11. Be obliging to one and all.
12. Develop good character, memory and health with great care.
13. Pray to God daily for fifteen minutes as soon as you get up from bed and before you go to bed.
14. Develop concentration and deep thinking.
15. Do at least one act of selfless service every day.
16. Never neglect the study of Sanskrit.
17. Study by heart one sublime verse from the Bhagavad Gita every day.
18. Never attend cinemas.
19. Give up smoking and other bad habits.
20. Never waste your time. Be always busy. Avoid useless company.

If you put into practice the above instructions, I assure you an excellent career and grand success in your life. You will become a dynamic personality.



**AN IDEAL DAILY ROUTINE FOR STUDENTS**

	From	To
Asana, Pranayama	4.00	4.25 a.m.
Trataka, Japa, Meditation	4.25	5.00 a.m.
Study of class lessons	5.00	6.30 a.m.
Physical exercise and breakfast	6.30	7.00 a.m.
Mantra writing	7.00	7.15 a.m.
Study of Gita	7.15	7.30 a.m.
Preparation for class lessons	7.30	9.00 a.m.
Bath, meals	9.00	10.00 a.m.
School hours	10.00	5.00 p.m.
Games, walking, Nishkamya Karma		5.00
		5.45 p.m.
Japa and Dhyana	5.45	6.45 p.m.
Study of school lessons	6.45	8.15 p.m.
Meals	8.15	8.30 p.m.
Swadhyaya, study of		
religious books	8.30	9.00 p.m.
Kirtan, prayers	9.00	9.15 p.m.
Self-analysis, introspection,		
spiritual diary	9.15	9.30 p.m.
Sleep	9.30	4.00 a.m.

NOTE: - Giving free tuition to poor students or serving the sick persons during intervals will constitute Nishkamya Karma.

## DAILY DIARY FOR STUDENTS

Maintain a daily diary in the following lines. It will help you greatly in your progress and quick success in life. This will remind you everyday of what you have to do. It will put you in the right path. It will be your guide and teacher.

1. When did you get up?.....
2. How long did you pray to God?.....
3. Have you got any arrears of your class lessons?.....
4. Were you disobedient to your parents and teachers today?.....
5. How many hours did you spend in idle talk and useless company?.....
6. What evil habit are you trying to eradicate?.....
7. What virtue are you developing?.....
8. How many times did you get angry?.....
9. Are you punctual in your class?.....
10. What selfless service did you render to-day?.....
11. Did you smoke? Did you attend cinema today?.....
12. Were you regular in games and physical exercises and how many minutes/hours you spent for it?.....
13. Did you do any action which your conscience did not permit?.....
14. Did you injure anyone in thought, word or deed?.....

Against each item enter your answers and remarks every day. At the end of one year you will find a great change in you. You will become a changed being. Be regular in the maintenance of the diary. Chalk out a daily routine and allot sufficient time for prayers, physical exercises, study of religious books, selfless public service through philanthropic institutions or by giving, free tuition to poor students. Stick to your routine. You will find marvellous improvement by maintaining a daily routine and spiritual diary.

## **Messages of His Holiness Shri Swami Chidananda Saraswati to Students**

### **MESSAGE TO STUDENTS**

(Lecture delivered by Sri Swami Chidanandaji Maharaj  
at the 1st Zonal Orissa Divine Life Conference at Khurda Road  
on 1st December 1974)

O Children of Immortality!

In brief I wish to give you the essence of your culture, the ancient message which your ancestors have given to you, especially to the young and especially to the students. I want to tell you very clearly that the need of the students and young people was well known to our great sages of wisdom. And so they gave a due place to the young people in human society. They gave a special set of principles in the concept of their life, and they formulated a special set of principles for the young people to follow.

Before I try to lay before you their concept of student life, their principles for young people to follow, I give you four sentences, which I want every young man and woman, all students, to memorise and keep as guidelines for your life. They are four brief sentences and they contain a very important message. These four brief sentences which I want you to listen carefully and keep in your memory are as follows:

"When wealth is lost nothing is lost.

When health is lost something is lost.

When character is lost everything is lost.

A person without character is not a man but an animal".

### **THE WEALTH OF CHARACTER**

What distinguishes the human individual from the animal is our behaviour. There is a difference between the Charitra (character) of a Pashu (animal) and the Charitra of a

Manava (human being). If the Manava does not keep up to this higher standard of Charitra, then even though he may be a human individual in Roopa (form) and Nama (name), he is only an animal because his life, conduct and behaviour is more suitable to the animal than to a man. Through your behaviour you must prove that you are a human individual. If you have no control over your senses, if you have no principles for your living, if you are subject to anger and passion and gluttony (Kama, Krodha and Vishaya Vilasa), if you have no moderation, then there you have the animal. Therefore, you have to prove your human status not merely by reading a few text books and passing a few examinations and getting a degree, but by the manner of your life, conduct and behaviour. The highest wealth in human life, the highest wealth of youth, is the wealth of character. The most precious thing is character. That is your real treasure. If you develop a noble character, then you are really a wealthy person, which means your life is rich with this Aishwarya (wealth) of Satcharitra (noble conduct).

### **THE RELATIONSHIP OF CHARACTER TO HUMAN LIFE**

What is the relationship of character to human life? The relationship of character to human life is the same as that of the foundation to the entire structure of the building which will be raised over that foundation. The most important part in the structure of the building is the foundation. If the foundation is well laid, if the foundation is strong, then the building will stand. You can raise it high, and it will last, it will be strong. If the foundation is weak or not properly laid, then any moment the building can collapse, the building cannot be lasting.

Even so is the life of the individual. If in young age, in his youth, in the period of student life the individual tries hard to develop noble qualities, to become strong in body, to acquire

will power, strength of mind and he is able to overcome all negative qualities like selfishness, egoism, pride, dishonesty, greed, weakness, overeating and slavery to senses; if by using his will power, the young man is able to become master over his senses, overcome anger, and develop truthfulness and honesty and he becomes a person of integrity and thus becomes a master of his senses, such a student lays a strong foundation for his future life.

Upon the foundation of a well developed character and conduct, one can build up the edifice or structure of a successful life. Whatever someone undertakes, he will succeed in it. Whatever profession he adopts, he will make headway in it. He will shine; he will earn the respect of all people. He will have a magnetic personality. He will have influence over his time. He will be a leader, for the power of character gives magnetism to the personality, and the power of character depends upon self control. Without self control you cannot be an ideal individual.

The secret of a successful career, the secret of a magnetic personality is self control and character which is the outcome of self control. The key to character is self control, and character is the basis of success in life. With character you can overcome every obstacle in life. You can succeed in all undertakings. You will shine brilliantly in every field of life.

### **THE ESSENCE OF BHARATIYA CULTURE**

The essence of Bharatiya culture is character and the essence of character is in self-control, Samyama. All great personalities are people endowed with self-control, all people who have become immortal-Bhishma, Harischandra, Lakshmana, Markandeya, Savitri, Sita, Shivaji, Rana Pratap—all had strength of character. Therefore develop the great ideals of self-control, character, virtue, will-power and mastery over one's senses.

### THE ESSENCE OF EDUCATION

Who is really an educated man? He who can see two paths-worthy-unworthy, proper-improper, right-wrong, Dharmic-Adharmic (righteous-unrighteous), and he who has the strength to say, "I will choose that which is proper, that which is according to the principle of Dharma, I will reject that which is petty, that which is unworthy, even though it is attractive, even though it may be pleasant. I know that I am a Bharatiya. Therefore I have to fulfil a certain Adarsha (ideal), and I am also a divine being. I am not this body. I am not the five senses. I am not this little restless mind. I am not this limited intellect. Beyond body, mind, senses and intellect I am an immortal soul. My wisdom which I have inherited as a Bharatiya, my culture which is Adhyatma Sanskriti (spiritual culture), tells me very clearly:

*Ajo nitya saswatoyam purano,  
na hanyate hanyamane sarire*

Unborn, eternal, changeless and ancient, it is not killed when the body is killed.

### THE INDESTRUCTIBLE SPIRIT

In this body, there is an immortal imperishable Self which is not affected even when the body is destroyed by death. It is unborn. It is permanent, It is eternal. It is beyond time, Anadi, Ananta, beginningless and endless. Fire cannot burn it. Water cannot wet it, wind cannot dry it, weapons cannot injure it. That is my true Self. I am the imperishable, unborn, eternal, indestructible Atma Swaroop. Indeed there is the imperishable within the perishable, the divine within the human, the spiritual within the material, and I am the divine, I am the eternal. Divinity is my true nature, and my physical nature, my Pranic nature, my mental and my intellectual nature are only temporary attributes. They have been superimposed on my real nature. My true nature,

my Nija Swaroop, is that I am Ajar (without old age), Amar (immortal), Avinashi Atma (indestructible soul), Nitya Shuddha Atma (ever pure soul), Divya (divine) Atma.

My Sanskriti has given me this knowledge. Therefore having received this as my heritage, I shall always be established in this inner consciousness. To be divine is my birthright. To be divine and to shine with divine qualities is natural to me. To exude fragrance is natural to sandal wood. To be sweet is natural to honey and sugar. Just as it is natural for ice to be cool and fire to be hot, the sun to be bright, even so it is natural to me to be divine, to be noble, to be good, to be loving, to be pure, to be truthful, to be wise, because that is my Nija Swaroop. In this way, I should have this awareness, that "I am divine".

The individual, when he is young, when he is laying the foundation of his life, must fill the first stage of his life with divine qualities, with noble virtues, with Divyata (divinity). Then his whole life is safe; his success is guaranteed.

### **THE GOLDEN PERIOD OF LIFE**

I will tell you, my beloved young friends, the individual's life between sixteen and thirty is the most precious period. That period of fourteen years is a golden period. It is the most precious period. If this period is properly managed, if you are established in virtue, self-control, purity, truthfulness, then your entire life will be full of light, full of joy, full of success. Therefore, be most careful to mould yourself in this period. In whatever shape, in whatever pattern you put your life in these fourteen years, that pattern will remain throughout your life. It will become your permanent asset, Shashwata Dharma and Aishwarya (wealth). Therefore with eagerness, with enthusiasm, wisdom, try to mould yourself into an ideal pattern. Then you have already attained victory. Whatever seal or stamp is there in this period, it will remain forever.

But if you are careless, if you don't give attention to this period, if you allow it to go here and there, if you have no self-control, then you ruin yourself. If you don't attain the most important virtue of self-control at this period, then your life is lost. No one is to blame. Therefore pay special attention and try to acquire healthy, strong habits. Your whole life should contain healthy habits. And from your life you must keep out anything unhealthy, either physically, mentally or morally.

### **AVOID BAD COMPANY**

In this connection, I would like to say two things. One thing that every young man, every student, every young girl should avoid bad company. Fly away from bad company. Bad company is more dangerous than fire or poison. Poison may destroy one's body; if you take poison one body will be dead. But if you get into bad company and develop bad habits that will become your inner Samskara (impressions) and Vasana (desire), and bad Samskara will go from birth to birth. Even if this body is reduced to ashes, the Vasanas and Samskaras will continue in your next birth also. Fire will burn only when you come into contact with it. It cannot harm you from far off, but the proximity of bad company will drag you down and bring about your downfall. Therefore avoid bad company. Be alone.

It is better to have no company, rather than risk bad company. If you must have company, have company of such people who elevate you, who ennoble you, in whose company you feel pure, you feel good, you are inspired towards higher idealism. This is one very important thing.

### **NEVER IMITATE THE WEST**

As the second important thing for all students and young people, I will make this request. NEVER IMITATE THE WEST in its superficial fashion and way of life. There is nothing more shameful than imitation of Western or alien cultures. It shows



moral bankruptcy and that you have nothing of your own. Therefore you are trying to fill it with something which is not your own. It is most shameful for the youth of Bharatavarsha. One should never imitate.

If you want to emulate the West, emulate the good qualities of western society, cleanliness, punctuality, honesty. They are people with a sense of duty. They are industrious. They try to excel, to show their skill, they try to do their best and they are never idle. They are always conscious of their duty. In our country we don't imitate these higher qualities of western men and women, we only imitate that which is superficial. So imitation of fashion and passion, imitation of dress, hair-dress and life style - this is shameful, this is ignoble, this is not worthy.

**LEARN YOUR CULTURE:  
BE PROUD TO BE A BHARATIYA**

Any person who is a Bharatiya should know that his culture is a rich culture. It is full of idealism. There are many great things to learn and copy for which western people come here. Therefore better learn your culture. Better find out the rich, noble qualities of your culture and be proud that you are a Bharatiya. Cultivate for yourself a Bharatiya life style, and that Bharatiya life style is what I have just now described to you.

By the strength and power of character you can keep your senses subdued, you can control the little desires and passions of the mind-Asha, Trishna, cravings of the mind and be a master in your own home, not a slave in your house. Therefore avoid bad or impure company and do not imitate the western superficial life style. This is not necessary for us.

You must shine as an ideal Bharatiya and you must live in such a way. If western people come here they must see you and realize what you are. We have got enough light to banish the darkness that is prevailing in the material world. We have

enough light to give them, to bring light upon their life's path. Guide them towards a higher goal. As a Bharatiya it is your privilege and duty to evolve this higher idealism. When you grow older you must be able to show the rest of the world the higher culture and higher ethical values for which your country stands. This is the real essence of your country's culture. Therefore do not imitate and avoid bad company.

### **THE FOUR STAGES**

What has your ancient culture to tell about youth and student life? Your ancient culture has divided man's life into four stages and given them the name 'Ashrama'.

Four Ashramas-what is this Ashrama Dharma? In each stage there are certain ideals and principles laid down, and that is the Dharma of that particular Ashrama. The fourth-the last Ashrama is Sannyasa Ashrama. At the end of life, the individual should take Sannyasa. The third Ashrama is Vanaprastha Ashrama. After having fulfilled the duties of the second Ashrama, one must retire and turn the attention to higher things.

The second Ashrama is Grihastha Ashrama, the stage of the householder. It means marriage, having a wife, children, doing Udyoga, professional duties, social duties, domestic duties to his own Parivar-his mother and father and relatives. The second Ashrama is Grihastha Ashrama. What is the first? It is the Ashrama in which you are living. It is called Brahmacharya Ashrama.

What is Brahmacharya ? Brahmacharya has got two meanings. The real meaning is that Charya or that conduct of life which ultimately leads you to Brahma Jnana (knowledge of Brahman) or Brahma-Sakshatkar. That is Brahmacharya. The pattern of living or the way of living and acting will bestow upon you Brahma Jnana, Brahma-Sakshatkar. Secondly Brahmancharya means a life of self-control, control of all the

senses, all impure desires, control of anger and passion. It means self control. This is Brahmacharya. It means not merely remaining unmarried. That is not the proper definition. It means the first stage of life that is youth.

In those days they regarded human life as being hundred years in span. But who lives for hundred years now-a-days? The life span has become shortened. In these first 25 years one must lead the student's life. By the time the engineering students, medical students, law students finish their degree, they are 23, 24 and therefore Brahmacharya Ashrama means till age 24. You can regard Grihastha Ashrama from 24 to 45 and Vanaprastha from 45 to 60. After 60 one must take Sannyasa. Now we are not concerned with the second, third and fourth Ashramas, but with Brahmacharya Ashrama, the most important stage, because upon this depend the three other Ashramas. If the Brahmacharya Ashrama is properly lived he will become an ideal Grihasthi, he will become an ideal Vanaprasthi, and he will become an ideal Sannyasi. If in the Brahmacharya Ashrama you don't live properly, if you have no character, no conduct-then what happens? You cannot become an ideal householder. Your children will be unhealthy. If you have no self-control and your actions are not based upon virtue, your life will be full of wrong deeds, and in Vanaprastha Ashrama you will become a miserable person, and your whole life will become a failure.

Success or failure in life depend upon how you have lived the first quarter of your life, and in this connection they have laid down three great duties. What are the duties for the youth and the Vidyarthi (student) in the Brahmacharya Ashrama? One important duty is self-evident. The student's first concern is to attain knowledge-acquire knowledge. But in your ancient culture knowledge was not merely confined to history, science, mathematics, civics. It also meant knowledge of a profession and knowledge of life; how to live an ideal life. Why have you

come here? To know your real nature! It meant Naitika Vidya (moral science), Naitika Shikshana or Dharmic Vidya. It also meant Adhyatma Vidya (Self knowledge). You have to learn Bhautika Vidya (material knowledge) in order to have Udyoga (business) and be independent, earning income and be able to support your wife and children when you enter the second Ashram, the Grihastha Ashrama. But if you want to live a noble life and get a good name in society, you must know what Dharma is, what Niti (ethics) is. So study Manu Dharmashastra, Yajnavalkya Smriti, the science of right conduct. You must also learn Naitika Shiksha (moral education).

Each student must know the Srimad Bhagavad Gita by heart, and you must learn a little Sanskrit. The Gita contains the essence of Adhyatma Vidya (spiritual knowledge). Your whole Sanskriti is based upon knowledge, the knowledge of the Vedas. Your Dharma is called Vedic Dharma, and the real name of your religion is Sanatana Dharma or Vaidic Dharma, which means Dharma based upon Vedas and the wisdom of Vedas contained in the Upanishad. The essence of the Upanishads is given in the Srimad Bhagavad Gita-containing only 700 Slokas. If you learn by heart one Sloka every day, in two years the whole Gita will be at your command. If you are more eager, if you learn by heart one Sloka in the morning and one Sloka in the evening, then in one year you will know the entire eighteen chapters or 700 Slokas by heart. In the Gita is the essence of the Upanishads-the essence of your Adhyatma Vidya-spiritual wisdom. So to attain wisdom, to attain knowledge-secular knowledge, ethical knowledge and spiritual knowledge is one of the primary duties of students in the Brahmacharya Ashrama.

Secondly, if you want to make use of your own Vidya, your secular ethical and your spiritual wisdom-you have to translate it into action. You must live it, and you can effectively practise whatever you have learnt only if your health is good, if

you have got a strong, healthy body. Therefore the second important duty of the student is a Dharmarthakamamokshanam arogya mulamuttamam. The basis, the root of Dharma, Artha, Kama, Moksha is a strong and healthy body. Therefore you must daily do exercises, Asana, Pranayama, Surya-Namaskar and develop a very strong body. You must cultivate healthy habits. Go to bed early, wake up very early in the morning. Take a cold bath. Do some Surya-Namaskar. Have some Asana practice, do vigorous physical exercise and eat moderately. First you must have a Vajrakaya (strong body) like Maruti. Hanuman should be your ideal. Bhishma should be your ideal. Swami Vivekananda should be your ideal and Bhima or Lakshmana should be your ideal. In this way you should be strong in your body. Then only you will have strength of mind. Because body and mind are interconnected. If the body is weak, the mind cannot be strong. You cannot develop will power. Therefore developing a strong body and establishing sound physical health-Arogya (health) is the second important duty. The body is the instrument of Seva (service) and successful endeavour. Any Purushartha (endeavour), any Parishrama (hard work) is possible only if your body is strong.

Thirdly, the last most important thing is development of a noble character. Once this age passes, you cannot change your character, because in young age, you are like bricks which have not yet been put inside the kiln. The clay is still soft; you can alter the shape. You can put upon it any Chhap (imprint). You can mould it. You can change it. But once you have put a brick inside the kiln and it becomes hard, then you cannot change it. If you try to alter the shape, it will break. So whatever you want to do, do it in this stage. When a plant is tender, it can be turned in any direction. When it becomes a big tree you cannot bend it. It will break. So in this age, you can mould your character, you can make your behaviour, you can make your

Swabhava (nature) in any way you want. But if you wake up too late and then try to change it, you find that you cannot. Your nature has become hard, crystalised. Therefore, now is the time when you can give any shape.

Remember the greatest disease of human society is selfishness. Arrogance and anger is not a sign of strength. Try to learn this. As a sign of self-control always be humble, simple and unselfish. Let your character shine with selflessness. Let it be endowed with simplicity, humility and forgiveness. Study 'Sure Ways of Success in Life' by Swami Sivananda and 'Self-Indulgence vs. Self-Restraint' by Gandhiji. Let self-help, moderate living and character be your motto. Be an ideal student.

May God bless you !

(Source: DLS Booklet "Message to Students" - 2014 Edition)

## TO THE YOUTH AND STUDENTS OF INDIA

(Message of Swami Chidananda to the youth and students who participated in the All Orissa Youth Camp held at Brahmapur in the state of Orissa from 25.05.2005 to 31.05.2005)

Radiant Divinity !

Blessed Children of Immortality,

Greetings and good wishes to one and all of you in the holy name of our beloved and worshipful Gurudev Sri Swami Sivanandaji Maharaj. May God Bless you all with wonderful health, happiness, long life and success in your studies and activities. May your entire life be a steady and onward process of seeking to fulfill a noble ideal in life.

This is a world where you have to prove your worth by sincere exertion, honesty and dedication to duty. You have to prove your worthiness by the manner in which you live your life. Exertion and perseverance are the secrets of success.

You are now in the most invaluable, most precious period of your entire life. Your age, from the 16th year to the 30th year, is verily a golden period and it holds the key to highest blessedness. It is the foundational period upon which the structure of your whole life will have to stand. Prepare yourself to utilise this golden period in the most careful and wise manner. Your life and actions will be whatever you make of them. You are the master of your destiny. You fashion your future by the manner in which you live in the present. Your thoughts are the seeds for your deeds. All actions: mental, verbal and physical are ultimately subject to the law of Cause and Effect; action and the result of the action. Therefore, think only sublime, normal and noble thoughts free from all abnormality, crookedness and concealment.

Through the power of right thinking (Sat-chintan) and right reasoning (Sat-vichar) carve out a noble future for yourself.

Be good. Do good. — Swami Sivananda

A master sculptor works patiently upon a block of stone before him, chipping and chiseling away portions of it that stand in the way of the latent beauty within the stone which the artistic vision of the sculptor is able to perceive clearly. Similarly, you must work upon yourself patiently, perseveringly and with keen interest and sustained enthusiasm to reveal from within yourself the hidden beauty of pretty pleasure. Life is a precious gift from God. You, who have received this gift, make the highest use of it.

Most Blessed Yuva Bharati ! you are the wealth of the Nation. Shine with the inner Light of your true, essential, spiritual nature. You are Divine, deathless and immortal. Countless divine potentialities are hidden within you. Manifest them. Shine like a Divine personality. Connect yourself with the Universal Soul through daily devotion and worship. Commune with Him through prayer.

Cultivate healthy habits. Early to bed and early to rise must be your motto. Do not destroy precious life by wasting away priceless time staring at the T.V. Television is the time consumer. It is a dangerous "ayuh-bhakshak" and will swallow up your life, little by little if you do not be aware and recognise its dangerous nature. Form the habit of prayer, physical culture and serious study. This habit will help you greatly. Be a master of your five senses namely sight, sound, taste, touch and smell. Control all wrong desires. Conquer your mind. This is the greatest strength. Develop noble character. Be not a slave to wrong habits. Overcome them all by your determination. There is nothing impossible for one who refuses to give up. Keep only good company. Do not read petty and unclean books that stir up gross, lower propensities and stimulate impure passion and animalistic tendencies. Have noble, moral principles to live by. Adhere strictly to them. Keep a sublime ideal before you. Character is the greatest wealth. Self-discipline is the greatest



strength. Anger is terrible weakness. Make yourself an embodiment of everything that is lofty and great in our Indian culture. (Bharatiya Sanskriti).

Blessed young friend ! Radiant Divinity ! Let this present Youth Camp which you are now attending, be a new chapter in your life. May this camp be a preparation for making a process of steady progress towards your ideal. Remember lessons learnt in the camp here. Resolve to make the present a time of wise and careful preparation to profit through these lessons. Move towards the future with confidence, that you will effectively and successfully make it most gainful in self-development and achievement in your studies, your physical culture, your character building and in your personal and social life and culture activities.

May you take one more step forward in the process of making yourself an asset to your own family as well as your country and to the world humanity. I wish you all the highest success in this noble endeavour. I wish you health, happiness, peace and prosperity. Adopt Seva Dharma as your motto and maxim in your life. Be a noble Paropakari. Go forth on the highway of life as a source and centre of benefit and usefulness to all God's creatures. This is real life. May your family be proud of you. May Bharat Mata be proud of you. I am proud of you. Gurudev Sri Swami Sivanandaji Maharaj's Grace and Ashirwad are already upon you. Therefore, rejoice and march forward to meet life and make a success of living it. Rise above all pettiness. Be a giver, not a taker from life. This is Gurudev's teachings: to give and to benefit others. This is the ideal of Indian Culture. My very best wishes for a very happy and purposeful life. Jai Jagannath! Jai Gurudev ! Jai Hind!

(Source — "Radiant Youth" — Edited and published by Swami Gurusevananda)

**Advices of His Holiness Shri Swami  
Chidananda Saraswati to Students**  
**HOW TO LEAD A SUCCESSFUL LIFE AND  
TWELVE KEYS TO HAPPINESS AND  
SUCCESS FOR YOUTH**

**HOW TO LEAD A SUCCESSFUL LIFE**

Please try to understand the correct implication of the term "successful life". When you talk of success with reference to life, it does not merely mean succeeding in everything that you undertake or do; it does not merely mean succeeding in fulfilling all wants or getting whatever you desire; it does not just mean acquiring a name or attaining a position or imitating fashionable ways and appearing modern or up-to-date.

The essence of true success is what you make of yourself. It is the conduct of life that you develop, it is the character that you cultivate, and it is the type of person you become. This is the central meaning of successful living. Such successful life is one that succeeds in producing an ideal individual. Your success is not measured in terms of what all you obtain but in terms of what you become, how you live, and what actions you do. Upon this point reflect well and attain great happiness.

Are you committed to something very definite, very clear, very unmistakable? Ask yourself this question. Keep on asking until you are clear, until you are absolutely certain about your answer to this question. For according to your commitment, that will be your life.

God's plan for you is the ultimate experience of the divine perfection which is your innermost reality, which is your true self. Let life become this process of fulfilling God's

plan for you. You will bless your own immediate environment, your nation and the entire world.

## **TWELVE KEYS TO HAPPINESS AND SUCCESS FOR YOUTH**

### **1. DEVELOP A CLEAR CUT AIM**

First, you must form a correct conception of how you wish to develop and perfect yourself. You must cultivate a clear-cut idea of what you want to become. This will give you a definite and clear-cut aim in life. Without such an aim, your life cannot move forward powerfully and progressively. You will be pulled in different directions and your mind will be distracted and much energy will be wasted. You can avoid all of these if you have a well-defined aim or a set of a few definite objectives. Then there is no confusion in your way. You know what you wish to attain and in which direction to proceed. Therefore, you also understand what is right and what is wrong, what is desirable and what is undesirable, what is to be accepted and what is to be rejected in moving towards your aim of life. Such definiteness gives you great inner strength. It develops will-power. It makes you a positive personality. There will be no more negative trends in your life.

### **2. DRAW UP A WISE PROGRAMME**

The second important thing is to draw for yourself a wise programme of life to help you to develop along the desired lines and to gradually attain the aim of life. Such a programme will provide a plan of action in meeting with all problems that face the young student, the growing youth, to deal with all situations that arise in your life, to meet and overcome temptations with firm mind and to surmount obstacles with boldness and self-confidence. The power to do this exists within you already in its latent state. It has to

be unfolded and activated. A proper understanding of your own mind, its behaviour and habits, and the law that governs the inner activity of the mind become very, very helpful in living this wonderful and interesting period of your life.

### **3. GUARD YOUR HEALTH**

Now we come to the factors upon which depends the proper working out of your programme of life. Health is the key factor. Without health you can do nothing. Without health you can succeed neither in studies, nor in character-building, nor in sports and social activities, nor in home-life. Health is a matter of careful living. It is got not only from things you eat and 'drink, but it is also obtained from your wise and careful avoiding of such things that are not good for your health. Eat for your health. Eat for your strength and not for your taste. Eat to live and to serve. Do not live to eat. Eat simple food. Go to bed early and get up early. Acquire healthy habits. Do regular exercise daily. Be moderate in eating and drinking. Chew your food thoroughly. Do not overeat. Do not eat without hunger. Avoid things that do not agree with you.

### **4. CONSERVE YOUR ENERGY**

Then you must conserve your energy. Never waste your energy in useless pursuits. Too much talking and gossiping, aimless wandering, habit of worrying, losing your temper frequently—all these drain away your energy. Give up all habits that are likely to have an adverse effect on health. Smoking and illegal drugs are a curse upon students. Be established in perfect Brahmacharya (purity). Abstain from sexual activity. Preserve health, conserve energy, develop physical and mental strength and thus lay the foundation of a successful life.

### **5. VALUE CHARACTER**

Value character more than anything else on the earth.

Be good. Do good. — Swami Sivananda

Be perfectly truthful. Do not. let your speech be vulgar or rude. Speech must be clean, polite, and joy-giving. Cast away egoism, pride and selfishness. These three form the blemish upon human character. They arise out of ignorance and greed. Ignorance makes you proud and egoistic. Greed makes you selfish. They lead to dishonour and unhappiness and failure in life.

By leading a simple life and having a cheerful disposition under all circumstances, you can overcome selfishness and egoism. Your life and conduct must be the cause of happiness in other people.

#### **6. ADOPT VIRTUES**

Adopt certain virtues and principles and stick to them in all your activities of life. Never leave these principles. Never move away from virtue. These principles will be your true friends and helpers. They will assure your progress and ultimately grant you supreme happiness and success. Periodically make certain simple resolutions to practise those virtues. Maintain a personal diary wherein you make a careful note of your day-to-day conduct, speech, and behaviour. This will reveal to you how far you are advancing and show you your mistakes and where you must correct yourself. Such a diary will be your friend. It will reveal your weakness and teach you humility.

#### **7. PRAY TO GOD**

Pray to God and ask Him for inner strength and guidance. God's Divine Name has immense power. Repeat His Name always and remember him under all situations.

Remember God constantly with love in your heart. Have absolute faith in your inseparable relationship with Him. Cultivate constant remembrance of God by seeing His invisible presence in and through all things in this universe around you. God is not some remote reality far away from

you. But God is here and now. He is all pervading Reality, the ever present Divine Spirit pervading this entire universe. And also He is your innermost self. He is closer to you than your very breath. Never forget this. Even when you are engaged in your daily activity, begin to feel the presence of God.

### **8. REFLECT UPON IDEAL PERSONALITIES**

Reflect upon the lives of ideal personalities. Draw strength and inspiration from their lives and teachings. Try to mould your life upon their pattern. Always have a great ideal before your mind. Think of it at all times-morning, noon, evening, and night. Develop it into the constant background of your thought. Then your mind will never be idle or vacant. This is important because right thinking is the key to noble living.

### **9. BE KIND**

Out of your life there must flow out ceaseless love, kindness, and compassion. Never hurt anyone. Never hurt even the least one of God's creatures either by thought, word, or action. Even in dreams you should never think of harming or hurting any creature. This sublime principle of non-injury, harmlessness, is given a very great place in the eternal Vedic way of life. Be a centre of help, be a centre of benefit, be a centre of happiness and peace to all. Never injure, never hurt, never harm any living creature.

### **10. BE ABSOLUTELY TRUTHFUL**

You must be rooted in absolute truthfulness. Even at the cost of your life, never utter falsehood. Never be dishonest in any of your dealings with anyone in this world. Be a person of integrity, of verity. Become established in truthfulness in thought, word, and deed. Truth is God. One who practises truthfulness rigidly will attain God. God is present in this human world as the sublime principle of truthfulness.

### **11. SERVE OTHERS**

The vexing problems of this modern world, its clashes and conflicts, its greed and exploitation, its hatred and hostilities, its mad craze for selfish acquisition will never cease or be relieved until and unless there is a change of outlook in man towards his neighbours and towards his life around him. Man makes life what it is. And life around man is but a reflection of what he is. The only rational and lasting solution to the afflictions that beset the organised society of civilised men is a reinstating of the spirit of selfless giving into its rightful place in your life. The more you give of yourself, the greater will be your conquest over sorrows and sufferings and your ascent into peace and bliss.

### **12. THINK NOBLY**

As you think, so you will become, just as you reap what you sow. In the same way, you will ultimately experience and attain what you constantly think and feel. Your inner thoughts lead to outer action. Repeated actions grow into habits. Such habits become permanent qualities in your very nature. This nature goes to form your character. Your future and your destiny is the direct result of your character. Understand this very well. Carefully bear this in your mind. Think and act with this knowledge. Your inner thoughts are the seeds of your ultimate destiny. Safeguard your thoughts and feelings. Think nobly and virtuously. You will become a noble man or woman. You will attain greatness and make your life fruitful. More than all the books that you read and study, more than all your lessons and examinations, more important than everything in life is the cultivation of virtue. This is the source of ultimate happiness. Become good and great.

**PART - D**  
**A Booklet on the benefits of**  
**Sivananda Literature**  
**for Students**



**The Booklet**  
**“STUDENTS, SPIRITUAL**  
**LITERATURE AND SIVANANDA”**  
**(By Sri Swami Chidananda)**  
**is reproduced hereunder**  
**PUBLISHERS’ NOTE**

Swami Sivananda’s name has become synonymous with the dissemination of spiritual knowledge. Illustrious author of over 300 books, Swamiji has endeared himself to all humanity through his catholic teachings spiced with love and understanding. Swami Sivananda takes a special interest in the younger generation. During his all-India tour in 1950, he gave preference to schools, colleges and universities for lecturing and demonstration of Yoga exercises. Unlike platform orators, Swamiji does not rest content merely with saying that the youth is the hope of tomorrow; he works day and night to mould the younger generation into future citizens. “Students are moulded to the education they receive,” says Swamiji. At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: “I speak as your humble Sevak and ‘Hitakankshi’. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own.” Gurudev’s gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous—the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

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Millions the world over have benefited materially and spiritually through the study of Swamiji's life-transforming works. Thousands have personally visited the master and have had the benefit of his Darshan and personal instructions. One such blessed soul is Sri Venu (son of Sri S.K. Guptaji, Executive Engineer, Patiala). Soon after the schools closed early this summer, Sri Venu came straight to Shivanandanagar to 'enjoy' his vacation with Satgurudev. An unusual way, indeed, for a modern student to enjoy his vacation! Asked what brought him here, Sri Venu was quick to reply: "I find peace in the atmosphere here." A robust intelligence and an innate cheerfulness coupled with the seriousness of a Sadhaka and an unshakable faith in his Satguru and his teachings made it possible for this young student-disciple of Swamiji to make remarkable progress in the study and practice of Yoga and Vedanta during the short spell of two months he stayed in the Ashram.

On the eve of his return home, Sri Venu heard of the Sivananda Literature Festival. The idea of a 'Literature Festival' was novel to him and it evoked in his inquisitive, youthful mind a series of questions pertaining to the study of literature, the choice of books, the benefits of Svadhyaya and so on; and, he approached Swami Chidanandaji to know more on the subject. The following pages record the conversation that followed, a conversation that abounds with useful and practical suggestions for students by Swami Chidanandaji. Added at the end is a Select Bibliography for students of Sivananda Literature.

The credit of sponsoring this beautiful publication goes to Swami Brahmajnanananda (Rudrani Mataji) and Sneh Gandotra Mataji of Dehra Dun.

- THE DIVINE LIFE SOCIETY

## **BE THOU A RADIANT TORCH-BEARER**

*(Message from Parama Puja Sri Swami Sivanandaji  
Maharaj of Rishikesh for the celebrations of the Sivananda  
Literature Festival at Patiala, Punjab)*

Children of Immortal Light!

Om Tat Sat. Sat Shiri Akal. All glory to the Supreme Paramatman, who is the Light of this universe, the inner Light that shines in your heart and the great Light Atmajnana that illumines the Jiva and bestows to it freedom and Immortality.

It is with immense joy that I send this holy message upon the happy occasion of this festival that you are all celebrating to honour and glorify spiritual literature. I rejoice to be in your midst in spirit and take part in this holy Utsav. The spiritual and Dharmic literature of every country and race is its most treasured and greatest wealth. The beloved culture and civilisation of each country is based upon the noble ideals expounded to it in its scriptures and its spiritual literature. This literature therefore forms the most important heritage of the country. The life of the people gets its strength and inspiration from this fountain source of its culture. Without such spiritual literature, darkness will prevail on the earth. Dharma and spiritual books are like God's own light in this world of man.

Spiritual books show the path of light. They guide you along the way of righteousness and Dharma. They lead you to happiness, peace, true prosperity and success. They are a treasure-house of invaluable teachings that bring about supreme blessedness and joy in your life. They contain words of power that lift you to noble heights and transform your lives. They inspire you to help you to overcome weakness and evil, and fill your life with virtue and goodness. They make you an ideal person full of goodness, purity, truth, faith, devotion and Paropakara. They contain spiritual force and Divine power. They

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are God's boon to humanity. They are the greatest need of today when the world is suffering due to its going to wrong path and neglect of faith, devotion and worship.

This Festival which glorifies and honours such holy literature and spiritual books serves an important and significant purpose. It draws the attention of all people to this treasure that they have within easy reach. It introduces them to their real friend-in-need and companion in life who will always guide them from day to day giving strength and consolation and light. It also effectively awakens them to the rich heritage that they possess and the great and lofty use they can make of it and attain true peace, happiness and success in life. A festival like this is therefore a rare blessing and a unique good fortune to all citizens of the place. It brings a new light and a new uplifting and ennobling power into their lives.

Young Sri Venu is heralding a new dawn in the city of Patiala and causing a unique awakening through this literature Festival. Venu is a worthy son of a most worthy father. Sri S.K. Guptaji is an ideal Grihastha-Sadhaka and "like father like son" is proved true in regard to Venu who is a philanthropist and saint in the making. He is keenly interested in leading an ideal student-life and in spreading the sublime Gospel of Divine Life and Ideal Sadachara amongst all the student-world. This is a noble attitude indeed. May God bless him with all progress, prosperity and success! He has the inspiring example, practical guidance and the blessings of his noble father.

Blessed Children of Divinity! beloved citizens of Patiala, arise and awake unto this new spiritual dawn! Behold the sun of DIVINE LIFE upon the joyous horizon. March rejoicingly upon the path of Yoga and Vedanta which leads to infinite happiness. Embrace spirituality. Practise Purity. Develop nobility. Do Charity. And attain Divinity. Draw inspiration from the saints and sages by regular daily study of their spiritual books.

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Read spiritual literature systematically without fail just as you take food daily. Such reading and daily study will prove to be your most profitable occupation. It will enrich your lives here with peace, poise and joy. It will bestow the highest Wealth of all wealths by conferring upon you divine realisation!

May Peace and Bliss be unto you all!

1959

*Sivananda*

## **STUDENTS, SPIRITUAL LITERATURE AND SIVANANDA**

### **1. SPIRITUAL BOOKS AND THEIR BENEFITS**

**Ques:** What is meant by ‘Spiritual Literature’, Swamiji? What benefits can students derive by studying such literature?

**Ans:** By ‘Spiritual Literature’ is meant not only standard works like the Ramayana, the Mahabharata and the Bhagavad Gita, but also all those writings of saints and sages, all those works by men of Godly wisdom which uplift the reader, help him to lead a better life and take him nearer to God. By reading such literature, students will derive wonderful benefits. The elevating ideas contained in such literature will inspire them and make a lasting impression on their adolescent minds so that their whole mode of thinking and living will be shaped on a noble, divine pattern. They will develop the ability to think rightly and act rightly.

Secondly, study keeps your mind occupied. You should never be idle. Haven’t you heard the saying, “Idle brain is devil’s workshop”? If you sit idle or if you read the wrong type of literature like novels and comics, your mind will be assailed by a whole host of debasing thoughts and these will go on developing. Bad thoughts will lead you, in course of time, to bad ways of living and you will become miserable. That is why you should always read elevating, noble literature.

Thirdly, constant study develops your mental capacity and power of grasping finer ideas. You will develop a high degree of concentration which will help you in whatever profession you may choose in later life.

Fourthly, you must remember that books are a mine of knowledge and knowledge is power. For instance, by reading books like “First Aid” and “Home Remedies,” you can equip yourself with useful knowledge and serve poor people in distress.

Further, books containing noble thoughts, ideas and living lessons from inspiring lives are in the nature of invaluable food for thought. They provide ethical and spiritual nourishment to all persons, old and young alike. Thoughts and ideas mould a person's character. You all know the great law that as a man thinks so does he become. Thus, by regularly reading pure and great books written by noble and godly persons, the mind is filled with pure and sublime ideas. These help to transform you into noble persons with lofty character and godly nature.

Thus study of such books becomes the basis of a noble and glorious life.

## 2. HOLY AUTHORS

**Ques:** Who is authorised to write Spiritual Literature?

**Ans:** Not all are authorised to write Spiritual Literature, for if they would say something wrong, there is the danger that the reader might be misled into following the wrong advice. You must remember that with the masses the printed word goes for Biblical Truth. It is only the God-realised Sage, who has all the weight of Divine Authority behind him, who is competent to write spiritual literature. It is also permissible for advanced Sadhakas, those who practise what they say, to write about spiritual matters.

Apart from this type of spiritual literature, there is however the permanent treasure-house of divine wisdom in the form of the great scriptures which are the wealth of all mankind. The Upanishads, the Gita, the Bible, the Koran, the Gathas of Zarathustra, the Ramayana, etc., form such lofty literature to which everyone can turn for daily inspiration and draw strength, light and guidance.

Sages of personal spiritual Realisation and practical Wisdom like our Sat Gurudev Swami Sivanandaji Maharaj are the most eminently authorised persons to write spiritual literature.

### 3. TRANSFORMING POWER OF DAILY STUDY

**Ques:** How do spiritual books transform the life of a man?

**Ans:** Spiritual books transform the life of a man by imparting true knowledge and opening his eyes to the true purpose of life. Let me explain what I mean.

These days, even when a man passes his M.A., he is ignorant of the real purpose of life. He takes a degree merely to get a petty job and an income. Then, he marries and begets children. Some people, dissatisfied still, divorce their first wives and marry again. The foolish man thus searches in vain for happiness in wealth and women, without understanding that both wealth and women are perishable. Spiritual books tell such a person that lasting happiness cannot be had in perishable objects but can be had only in God. They will point out that real life consists not just in eating, drinking and sleeping. Even animals perform these functions. Man has a far higher purpose in life. It is man's privilege to seek and achieve perfection through God-realisation. Spiritual books, by pointing out to you the purpose of life, by pointing out what is right and what is wrong, by suggesting various practical means of moulding your life on the pattern of great spiritual heroes, help you to shed vices, develop virtues and build up a noble personality.

They teach you to make a success of your life by living for the true goal of existence. They endow your life with a rich meaning and save you from the temptations of petty and base things by constantly keeping before your vision the inspiring picture of a high ideal. These spiritual books contain words of authority and power derived from a higher source and this infuses the sincere reader with inner strength and provides him with a powerful urge towards a progressively nobler and better life. Thus, though silent, they are yet dynamic life-transformers. Throughout the history of this world, spiritual books have played a distinct role in moulding the characters and personalities of



great leaders of mankind, in all fields of life. Sivaji, Abraham Lincoln, Gandhiji are some of the standing examples. The influence exerted by great books upon the lives of men is an undeniable positive factor in human progress.

#### 4. MOULDER OF STUDENTS

**Ques:** How far will Sivananda Literature help to mould students' thoughts?

**Ans:** Spiritual literature always helps and elevates—not only students, but everyone. The mind needs food just as much as the body does. If cattle are fed on good prepared food in the cow-shed, they will no longer go out to graze on rubbish. Even so, if the mind is fed on good thoughts contained in spiritual literature, they will no longer entertain a taste for cheap literature.

You must, however, notice one point. While spiritual literature always helps, the extent to which it benefits a man depends upon the man himself. You will be benefited to the extent to which you already possess a moral character, have a liking for spiritual subjects and have faith in the book and its author. What is true of spiritual literature, in general, is true of Sivananda Literature also. In addition, Sivananda Literature has the quality of converting even sinners and atheists; this is because of the Divine powers of the writer. It is because Swamiji's appeal is forceful, His style is simple. He directly addresses the reader and thus touches his heart with his rousing divine message. He shows practical ways and means of overcoming impurity and evil and becoming divine. He infuses confidence, optimism and inspiration into you. He speaks to students from their own level and counsels them as their friend and well-wisher. He always takes the positive course of encouraging them and infusing new hope and optimism into them. He seldom takes the condemnatory attitude. Hence his books appeal to the youth and are effective in moulding their thoughts and conduct.

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## 5. REAL WEALTH OF MANKIND

**Ques:** Is it true that Swami Sivananda's works have enriched the world's spiritual literature?

**Ans:** Absolutely. Gurudev's works are so many gems added to the spiritual literature of the world. Swami Sivananda, being a God-realised Soul, whatever flows out of his pen turns out to be spiritual literature of the highest order. Sivananda Literature has come as a God-sent gift at a time when the world is passing through a severe crisis in values. You will appreciate that Gurudev's message of "Serve, Love, Give, Purify, Meditate, Realise," beautifully amplified in his numerous works, is a valuable addition to the spiritual values of the world's religions.

The especial way in which Swami Sivananda has enriched the world's spiritual literature is through his simple and lucid presentation of even abstruse and subtle philosophical truths, by his interpretation of the true spiritual import of religious teachings in a manner suitable to and acceptable to the modern man and by his bringing out the fundamental essentials of spirituality from amidst a vast mass of non-essentials. He has given the gospel of practical religion, active Dharma and the universality of the Divine Life underlying all religions and scriptures.

Some may say, "There are already many religious and spiritual books. Where comes the question of additional enrichment of existing literature?" But, the fact is that Swamiji's excellent spiritual literature has come as a direct God-sent gift to meet one of the greatest needs of our modern times. Perhaps at no time in the past has mankind stood in greater and pressing need of literature like Gurudev's writings. Almost all religious literature in their original are archaic in style; moreover, they are written many a time in obscure and allegorical language whose meaning is not immediately perceptible. Thus, they are not of much effective use to the vast mass of mankind. Moreover,

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the traditional method of presentation of ethical and spiritual truths was such that the essential teachings were surrounded and almost buried under a whole mass of non-essential, and sometimes irrelevant detail, that to the normal reader they were inaccessible. These non-essential details swelled the size of the scripture to such an extent that the very size frightened the ordinary man away from their perusal. Modern man had hardly time even for his routine personal hygiene, food and rest etc. Such being the situation, Swami Sivananda has enriched the spiritual literature of the world by culling out the most precious essence from the ocean of scriptural writings and presenting them to modern mankind in a modern language, in simple style and in a direct and forceful manner, peculiarly all his own. Also, his writings spotlight the practical aspects of religion and spiritual science. Thus, his books tell you not so much what you should believe in or what you should merely know, but they tell you in an emphatic and a powerful manner what you should be, what you should do and how you should live your life. His writings expound practical spirituality and living religion. This is one of the special reasons why Swamiji's books constitute a distinct enrichment of the world's spiritual literature.

## 6. BOOKS TO BEGIN WITH

**Ques:** What books should I take up to begin with, Swamiji?

**Ans:** Always choose those books which inspire noble feelings in you, which bring new, uplifting ideas to your mind. By reading a book, you should always become better. The book should always take you higher and higher, in every way. Again, read those books which add to your fund of real, useful knowledge. Read the Ramayana and the Mahabharata. They are full of morals and inspiring stories. Read abridged editions, if you have no time for the originals. Read some of the books written by Guru Maharaj. He gives the essence of religion in simple language. As you know, he has written many books specially

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for young boys and girls. Read his “Ethical Teachings,” “Sure Ways for Success in Life and God-realisation,” “Practice of Brahmacharya,” “Students’ Success in Life,” “Divine Stories,” “Divine Life for Children,” “Gita for the Young,” “Gita Essence for Children” etc. Study his works on Mind Control and the Cultivation of Virtues. You will be immensely benefited.

### 7. SECRET OF SVADHYAYA

**Ques:** What is the benefit of reading books like the Ramayana and the Gita, again and again, every day, Swamiji?

**Ans:** I shall tell you why repeated Svadhyaya or study of spiritual literature is necessary. You will understand it better if I give you an illustration. Take a nail and try to hammer it somewhere, in one stroke. The whole of the nail will not go in. You will have to hit it repeatedly, several times before it gets in well. Also if you wish your body to grow or a plant to grow you don’t simply feed or water it once and sit quiet. You have to take nourishment daily. You water the plant daily. You do this day after day without fail. Similar is the case with study of spiritual literature. It is only by daily reading that the ideas will get deeper and deeper into our mind. The mind will be gradually purified. Study of sacred scriptures like the Gita set up beneficial vibrations and thought-currents in your mind. They will shape your life nicely and you will also gradually become a hero like Arjuna or Bhishma or Hanuman by constantly dwelling on their noble virtues. Even if you read these holy scriptures without understanding their meaning, the atmosphere wherein you read them will be purified—just as a cheerful atmosphere is created when you meet your friends and exchange some words of greeting which may not have any significant meaning. Reading of scriptures is always good and when it is done with a knowledge of the meaning, the benefits are increased manifold.

Moreover, as you breathe fresh air regularly, constantly and continuously in order to sustain your Prana and similarly

eat food daily month after month, and year after year in order to nourish your physical body, even so you must understand that the moral and the spiritual being of man need to be given their own nourishment. Devotional and spiritual practices are the indispensable nourishment for our soul. They form the essential spiritual sustenance to the inner being. Man is not merely a physical body and animal activity. He is an ethical being and his essential nature is Divine Consciousness. To nourish these latter, higher aspects, to develop and strengthen them and to attain perfection the inner spiritual life is very necessary. Svadhyaya or daily reading of spiritual books forms an important and indispensable item in this inner spiritual life. By such reading and study, there is a daily intake of noble, pure, elevating and inspiring spiritual ideas. These ideas are an effective safeguard to prevent the mind succumbing to temptations or sliding down from its true ideals. They help most effectively to keep the heart and mind ever uplifted and highly pure and in an inspired state. They infuse the person with moral and spiritual strength, make life sublime and ultimately lead to all-round perfection in life.

### 8. ADVICE ON STUDY

**Ques:** Swamiji, how many hours daily would you advise me to devote to the study of spiritual literature?

**Ans:** Obviously, students cannot devote much time for reading outside of their own school texts. While a retired man can possibly spare six or seven hours for daily Svadhyaya, you might try to set aside at least a couple of hours every day for this purpose. Of course, you will be able to read more in your holidays. On the other hand, during examination time, you need not worry about Svadhyaya, but may confine yourself to your daily prayers. In these matters, you must always use your individual discretion, because you know your circumstances best. But, however, you must adhere to this main principle, namely, that some fixed time must be set apart for the daily

reading of elevating, inspiring and ennobling spiritual literature. The length of time may, of course, be adjusted to suit different periods of the year.

### 9. SUITABLE TIME

**Ques:** What is the best time for studying spiritual literature?

**Ans:** Early morning, and at night after supper, is the best time for reading spiritual books. In the morning hours, our minds are fresh and free from struggling thoughts. At that time, we can concentrate our minds wonderfully on whatever we read. On the other hand, if you start reading in the evening, a number of thoughts and worries arising out of your day's life will come to the surface of your mind and you will not be able to concentrate on the book in hand. Therefore, always make it a habit to get up at 4 a.m. in Brahmanuhurta and start your day with some prayer, some Asanas and Pranayama and some reading of spiritual literature. What we read in the early morning hours will be so deeply absorbed in our minds that we will be guided throughout the day by the noble thoughts. The whole day will thus be converted into a continuous Brahmanuhurta for us. A little reading before you retire at night (perhaps after your homework with school texts) will enable you to go to bed with a mind filled with sublime ideas and divine feelings.

### 10. AVOID NIGHT READING

**Ques:** Some people say, Swamiji, that we should not study at night. Why?

**Ans:** Of course, it is advisable to avoid reading at night for the following reasons:

- (a) Artificial light is not so good for the eyes as sunlight.
- (b) The mind cannot concentrate on the book when one is feeling sleepy. The early part of the night is the time for sound sleep and if you sit reading at that time, you will spoil your health and, moreover, will be unable to get up

at 4 a.m. for the precious Brahmamuhurta Sadhana.

- (c) The matter which you read at night time is likely to disturb your sleep in the form of dreams. In study, the mind tends to become alert and this keeps sleep away.
- (d) At night, the mind is filled with the thoughts of the day's life just ended and the mind will not be able to shoulder the additional burden of new ideas and store them up effectively.

While these are the reasons why one is advised not to study at night, people who, for unavoidable reasons, do not get any other time for reading, should certainly do some Svadhyaya at least at night time.

### 11. THE BEST PLACE

**Ques:** Where should we sit to study holy literature?

**Ans:** Holy literature, sacred scriptures should be studied also in some holy, sacred, quiet place. A temple, the banks of a holy river and so on or at least just a quiet spot free from the material din and bustle like the cool shade of a tree or some other lonely place are suitable for such study. The atmosphere in a sacred place like the temple is pure and exercises a beneficial influence on our thought-vibrations. We will understand the books better, because our mind will be free from wrong and impure thoughts while seated in such a place. The place that we choose should also be, as I said, quiet. Then only, we will be able to concentrate on the book in hand and assimilate its contents nicely. Of course, it is not possible for all people to command the convenience of a nice place; they may choose some quiet corner in their own houses for the purpose of Svadhyaya.

### 12. QUESTION OF ASANA

**Ques:** Swamiji, what Asana will you advice me to sit in while studying spiritual literature?

**Ans:** You may sit in the same Asana as you sit in for Japa and meditation. You need not take to a new Asana, because you will not be able to concentrate on your studies till you learn to sit comfortably and for a long time in the new Asana.

If you sit for reading soon after taking your food, you may with advantage sit on Vajrasana for half an hour, since Vajrasana is excellent for improving digestion if practised immediately after meals.

Moreover, by sitting in the same Asana for all practices like Japa, Dhyana, worship, study etc., you are able to get prolonged practice of the Asana and thus obtain full mastery over the particular pose with ease and in a short period.

### 13. THE RIGHT ATTITUDE

**Ques:** For deriving maximum benefit, what attitude of mind should the Sadhaka maintain while studying sacred literature?

**Ans:** Three things are necessary—Faith, Receptivity and Devotion. Faith is the most important factor. If a man studies spiritual literature with faith, he will try to live up to the lofty ideas and ideals contained in such literature. It is faith which makes possible what is otherwise impossible. Without faith, full benefits cannot be derived from the reading of any spiritual book. But, however, the very reading of spiritual books creates faith in those who might have formerly lacked firm faith in spiritual matters. Thus, though these three i.e., faith, receptivity and devotion may be said to be necessary to derive the fullest benefit from study of spiritual literature, yet they are not so indispensable as to render such study useless in their absence. Many a time, these qualities themselves emerge as results from study of spiritual books. Therefore, while such attitude of mind is desirable for spiritual study, yet even those devoid of such attitude should engage themselves in the study of pure and



inspiring spiritual literature. The right attitude and the necessary faith and devotion will develop gradually. Have you not heard the well-known saying, “Those who came to scoff remained to pray”? Even so, those people who read sacred literature with curiosity and critical spirit in the beginning later on become devoted to their regular study. Such is the holy influence of sacred books.

During the time of study, an attitude of receptivity should also be maintained. Spiritual literature should not be read in a casual manner as newspapers are read. Spiritual literature should be read with attention, since the object of reading here is not just to while away the time in a pleasant manner but to absorb the teachings and mould our very lives on the pattern of those teachings.

Also, an attitude of devotion, an attitude of reverence for the book and its author should be maintained while we are engaged in Svadhyaya. Otherwise, our study may degenerate into mechanical, parrot-like reading. Feel the blessedness of such study. Be aware that you are enriching yourself thereby. Then you will derive maximum benefit.

#### **14. MISCELLANEOUS STUDY AND MEDITATION**

**Ques:** Is it true, Swamiji, that studying too many books disturbs meditation?

**Ans:** Yes. Study of too many books especially when they are books dealing with different subjects, is not favourable for meditation. Reading diverse books will fill the aspirant’s mind with too many ideas and they will be revived at the time of meditation. Thus, control of mind will become difficult. As you know, for good meditation, one-pointedness or Ekagrata is the

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most essential thing. By reading a large number of books, this one-pointedness is disturbed. The best thing would be, therefore, to stick to a few select books at a time and fully assimilate and absorb the teachings contained therein.

### **15. WHOLE-TIMED DHYANA**

**Ques:** When should an aspirant give up studying books?

**Ans:** An aspirant should give up studying books when his mind becomes wholly inward, when evil Vrittis like anger, desire, fear, greed and lust no longer trouble his mind. Svadhyaya should never be given up all at once. First, the period of Svadhyaya should be gradually lessened. Then, the aspirant should take up just a few books and assiduously cultivate the teachings contained therein. The emphasis should now shift from theory to practice. When the aspirant has, by steady effort, brought the highest spiritual teachings into practical life, when his mind becomes completely attuned to God and remains in God always, he can give up the study altogether. Books are of no more use to such a person, since he has already absorbed the best in them. Such an advanced Sadhaka will have to engage himself mostly in Dhyana or meditation till he finds God.

### **16. BEST BOOKS OF SWAMI SIVANANDA**

**Ques:** What books of Gurudev do you like most, Swamiji?

**Ans:** It is very, very difficult to say. It is like this. If you are given many dishes to eat—some sweet, some salty and others of Khoya, you may choose one from each variety but cannot possibly say which particular piece is the best. Each has a delicious taste of its own. Similar is the case with Swamiji's books. Instead of asking me in a general way, if you ask me what book of Gurudev I like best on a particular topic, I may be able to single out a particular book from a number of books

written by Gurudev on the same topic. All the same, I may tell you that two books of Gurudev have captivated me the most. They are: “Spiritual Lessons” and “Mind, Its Mysteries and Control.”

### 17. COLLEGES AND SPIRITUAL LITERATURE

**Ques:** Have Swamiji’s books been introduced anywhere as texts for college students?

**Ans:** Yes. Three books—”All About Hinduism,” “World Religions” and “Essence of Vedanta”—are textbooks for students in California. In India, a school in the South has introduced “Sure Ways for Success in Life and God-realisation” as a textbook. I would personally like to see more schools introducing Gurudev’s works as texts, because his works are man-making and life-giving. It is true that nowadays boys prefer stories to treatises on God, but then Swamiji has written the books “Spiritual Stories,” “Philosophical Stories” and “Divine Stories” which are so much liked by boys and girls. These, at least, can be introduced in our educational institutions as texts.

### 18. BOOKS FOR MODERN STUDENTS

**Ques:** Which books of Guru Maharaj would you recommend for the modern college boys?

**Ans:** I would say that the college students should read as many books of Swamiji as possible. Sivananda Literature will enable them to overcome fear, anger and other vices, to develop a strong will and to understand the true aim of life. While Gurudev has written nearly 300 books, the students should try to study at least the following which contain the cream of Swamiji’s ‘Upadesa’ to boys and girls:

1. Sure Ways for Success in Life and God-Realisation.
2. Students’ Success in Life.
3. Practice of Brahmacharya.
4. Ethical Teachings.

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5. Mind, Its Mysteries and Control.
6. Moral and Spiritual Regeneration.
7. Inspiring Messages.
8. How to Cultivate Virtues and Eradicate Vices.
9. Conquest of Anger.
10. Conquest of Fear.
11. First Aid to the Injured.
12. Spiritual Lessons.
13. Sivananda Upadesamritam.
14. Bhagavad Gita for Students.
15. Ethics of the Bhagavad Gita.
16. World Peace.
17. World's Religions.
18. Precepts for Practice.

Some of these books have to be possessed by all students as their own personal copy. The rest of the books in the list may be taken up for group study. Students must form study circles. Such study circles should take one book at a time from some common library and study through it in a series of daily sittings and thus finish that particular book. Next, another book could be taken. Thus, in the course of a year or two, during their college career, they would enrich themselves immensely through such spiritual studies, simultaneously with their academic studies.

#### **19. AN IMPORTANT QUESTION ABOUT “UPADESA”**

**Ques:** What, in essence, is Gurudev's ‘Upadesa’ to students?

**Ans:** Well, I cannot possibly catalogue in detail Gurudev's advice to students and young people; but, I shall certainly try to tell you his more important teachings.

- (a) For students, the primary concern should be their studies.
- (b) They should obey their parents and teachers and respect their elders.

- (c) They should strictly avoid bad company, because a man becomes what his friends are, It is better to remain alone than to mix with bad company.
- (d) Students should exercise self-control, maintain self-discipline and display self-confidence. These are virtues which will not only stand them in good stead in their school and college days, but will also lead to success in every walk of life later on.
- (e) Students should live a simple life and should adhere to the best in their national tradition and culture and give up imitation. It is regrettable that our students should take to Western dress and modes of living, neglecting our own glorious culture bequeathed to us by our forefathers.
- (f) Students should serve the poor, the sick and the illiterate. This will develop in them virtues like selflessness, mercy and tolerance and enable them to mature into citizens worthy of their great country.
- (g) Students should, of course, be regular and punctual. The time of youth is most precious and *should never be wasted*.
- (h) It is important that students should take the greatest care of their health by taking Sattvic food, doing Asanas and exercises, playing games and so on. The playground is as important as the school desk for young boys and girls. “Work while you work and play while you play, for that is the way to be happy and cheerful.” Students must be established in moral purity and Brahmacharya.
- (i) Students should always remember God. They should pray daily. They should start and end every piece of work with God’s name.

Do not go away with the feeling that Swamiji Maharaj is very strict with students. Almost all that I have said will be

applicable to others also. In fact, Swamiji—if at all he exercises partiality—exercises it in favour of young men and it is out of overflowing love for them and regard for their welfare that he gives all this advice. Therefore, it is but fair that you should strictly obey his teachings.

Get by heart Swamiji's "Song of Eighteen 'ities" and you will have the essence of his teachings to young people in a few words.

## 20. SIVANANDA AND WORLD PEACE

**Ques:** Has Gurudev touched on the subject of world peace in his writings? How far has Sivananda Literature helped the cause of world peace, Swamiji?

**Ans:** Oh, yes. Gurudev has not only touched on the subject of peace and amity among nations in his many writings, but has written an exhaustive book itself on the subject. The title of the book itself is 'World Peace'. Swamiji is in continual touch with a number of organisations which are dedicated to the cause of world peace and are working for it. Swamiji sends a free supply of his non-sectarian literature to these organisations and also stirring messages on special occasions. In this way, his message of peace is broadcast widely the world over.

Swamiji's message of peace, love and harmony based on spirituality and Divine Life is particularly appreciated in Europe, Japan and other places which suffered heavily during the last war. Besides influencing people through his literature, Swamiji himself calls them together now and then so that a solution for this and similar problems could be sought through personal understanding. You may be aware that a World Philosophers' Congress is scheduled to meet in Sivanandanagar in the course of the next few months to discuss, among other things, the vital topic of world peace and seek a spiritual solution thereto. All the teachings of Swami Sivananda constantly

emphasise the ideals of Ahimsa, brotherhood, universal love, selfless service, compassion, goodness and forgiveness. They advocate in rousing terms the ideal of virtuous living, harmony and cooperation amongst all mankind. Thus, his teachings pave the way for Peace and goodwill.

### 21. A GLORIOUS EVENT EXPLAINED

**Ques:** Can you tell me, Swamiji, what you people mean by “Sivananda Literature Festival”? I have never heard or read of such a thing in the history of the world.

**Ans:** Well, it is difficult to say whether the idea of a Literature Festival is entirely new. I think in England, they pay an annual tribute to Shakespeare by holding a festival at Stratford-on-Avon. In any case, the Sivananda Literature Festival which is an occasion to celebrate the foremost life-work of our beloved Master has a momentous significance in the context of the spiritual ignorance through which the world is passing through. Sivananda Literature, as you know, has produced a “Navina Jagriti” or a *new awakening* in the world. The Sivananda Literature Festival is, therefore, a fitting occasion to recollect the teachings of Gurudev and spread them far and wide. It is also an occasion to pay our humble homage to Gurudev’s sacred literature, every word of which vibrates with the power of the master. During the Festival, we shall have, among other things, an exhibition of Swamiji’s literature—books and magazines published in India and abroad—and also offer Puja to Swamiji’s books, just as we worship books in general on the occasion of Sarasvati Puja.

Swamiji’s noble literature has been and is continuing to be a great force in shaping the thoughts and ideals of the peoples of this modern era. Herein lies its significant greatness.

### 22. SIVANANDA LITERATURE FESTIVAL

**Ques:** How can I celebrate this Festival in my own place —

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Patiala — on a grand scale? Kindly advise me in detail.

**Ans:** Yes; it is a wonderful idea. You can celebrate this Festival on the Guru Poornima Day (20th July, 1959) to coincide with the celebration of the Festival here. I would suggest the following programme:

Get up at 4 O'clock in the morning, worship Gurudev's picture and do some Japa. After that, gather the neighbours and take out a Prabhat Pheri doing Bhajan for the health and long life of Gurudev. At about ten, have a meeting with the people of the neighbourhood. At this meeting, distribute pamphlets and tracts by Gurudev. Do Bhajan. Tell the people all about the Festival and its significance. Get some others to speak also.

Then, have Puja. Arrange the works of Swamiji nicely. Choose some select books like the Ramayana and the Bhagavad Gita and offer worship. In the centre of the books should be Swamiji's big photo. Puja over, distribute Prasad.

During the day, feed the poor. Give charity.

In the evening, invite a select group. Call the gentry to witness the exhibition of books and to hear about Gurudev's wonderful mission of Jnana Yajna or dissemination of spiritual knowledge. Send the invitation cards in advance. Here again, distribute Swamiji's literature and have a number of speakers to deliver lectures. Distribute the 'Programme' for the evening function and Gurudev's message for the occasion among the audience before the function starts. In this way, you can celebrate the Festival nicely. I wish you all success.

### **23. GLORY OF JNANA YAJNA**

**Ques:** Why is it that of all Yajnas, Jnana Yajna or dissemination of spiritual knowledge is considered as the highest?

**Ans :** When you go to the shop, why do you choose a German article though the same article made in France or Japan may also



be available? It is because you know that the German article will give you lasting service whereas the others may give trouble at any moment. In other words, the German article will be permanent, while the French or Japanese may not be so. Naturally enough, you prefer a permanent thing to a temporary thing.

In the same way, there are different kinds of Yajna, different kinds of charity. We serve people in different ways. We give money to the poor; we feed them; we give them clothes to wear; we give them medicines and nurse them. All these we do for their physical bodies. After a few years, the physical body will turn to ashes. And the persons whom we served will again be born and suffer the cycle of births and deaths. Our service helps them only for a short while, in a particular birth.

Jnana Yajna stands altogether on a different footing. You impart spiritual knowledge to a man. After acquiring this knowledge, he strives for God and acquires Mukti. When he gets Mukti, he gets everything. He cannot aspire for more. That is why dissemination of spiritual knowledge is rightly considered as the highest Yajna. Spiritual knowledge is food for the Soul which is permanent while the gift of food etc., nourish only the physical body which is perishable. All other gifts reach but the passing and perishable aspects of the human being, while the gift of higher spiritual knowledge reaches the inner man the essential spiritual being within and makes for an everlasting result. Fruit of Jnana Yajna is imperishable.

## 24. HOW SWAMIJI WRITES

**Ques:** Swamiji, you said—and other people also say—that Gurudev has written nearly three hundred books. Is it humanly possible, Swamiji, for an individual to write so many books? Kindly pardon me for entertaining this doubt in my mind regarding Gurudev's ability. I cannot understand; that is why I ask.

**Ans:** It is true that Guru Maharaj has written 300 books. I

once had a talk with Gurudev on this very subject. He told me that there was nothing to be surprised in this monumental out-turn. He says he has been writing regularly for the last thirty years. He has a time fixed for writing everyday and he adheres to it strictly. Also he is an extraordinarily rapid writer. His speech is unusual and astonishing. When he sits at his desk, his pen is moved by inspiration. Unlike most of us, he does not have to wait for moments of inspiration. Thus, he has been able to write about ten books annually. Of course, we cannot do so; but, considering the attainments of Guru Maharaj who has God's grace always with him, there is no cause for surprise in the perpetual flow of Sivananda Literature. I hope your doubt is cleared now.

## 25. NEED FOR SPIRITUAL BOOKS

**Ques:** Swamiji, I have just one more question to ask. Here again, please do not misunderstand me. My doubt is genuine. Could you kindly tell me why Swamiji should write so many books?

**Ans:** Oh, yes. I can clear your doubt. You know that in this world no two persons are alike. If there are crores and crores of men, women and children in this world, there are crores and crores of temperaments and needs also. Each aspirant has his own doubts. Each aspirant has his own tastes. Each Sadhaka has a different need to be fulfilled. The worries, the botherations, the fears of people are not always the same. Our Gurudev's mission in life is not to satisfy just this person or that, but everyone. Gurudev is full of cosmic love which means love for all. He wants to serve everyone. See how many kinds of books he has written! He has written books for the Brahmachari and the Grihastha, for the ordinary man and the sophisticated. He has written specially for women and for children. He has written specifically for people in the West as in "Yoga for the West." For those who want to amass wealth, he has written, "How to

become Rich.” For those who cannot control their temper, his book “How to Control Anger” will be a great boon. For those who suffer from physical ailments, our Gurudev has written masterly treatises on Constipation, Blood-pressure, Diabetes and so on. Gurudev has left no stone unturned to help as many people as possible, in as many ways as possible, through his literature. He has written voluminous commentaries for full-time Sadhakas and pocket books for busy office-goers. I can go on explaining like that. I hope your doubt is now destroyed!

(Reproduced from the Book "Youth ! Arise, Awake and Adopt the Right Path of Life")

**PART - E**  
**Quintessence of the Practical**  
**Teachings of His Holiness Shri**  
**Swami Sivananda Saraswati**

## 1. TWENTY IMPORTANT SPIRITUAL INSTRUCTIONS

(SWAMI SIVANANDA)

*These twenty instructions contain the very essence of all Yoga Sadhana. Karma, Bhakti, Jnana and Yoga will all come to one who follows them whole-heartedly. They are the Keys to quick development and culture of the physical, mental, moral and spiritual self of man.*

### 1. BRAHMAMUHURTA

Get up at 4 a.m. daily. This is Brahma-muhurta, which is extremely favourable for Sadhana. Do all your morning spiritual Sadhana during this period, from 4 a.m. to 6.30 or 7 a.m. Such Sadhana gives quick and maximum progress.

### 2. ASANA

Sit in Padma, Siddha or Sukha Asana for Japa and meditation for half an hour, facing east or north. Increase the period gradually to three hours. Do Sirshasana and Sarvangasana for Brahmacharya and health. Take light physical exercise such as walking, etc., regularly. Do 20 rounds of easy, comfortable Pranayama.

### 3. JAPA

Repeat any Mantra such as pure *Om* or *Om Namo Narayanaya*, *Om Namah Sivaya*, *Om Namo Bhagavate Vasudevaya*, *Om Saravanabhavaya Namah*, *Sita Ram*, *Sri Ram*, *Hari Om*, or *Gayatri* according to your taste or inclination from 108 times to 21,600 times daily (200 Malas 108 times is 21,600). Devotees of Christ may repeat the name *Jesus* or *Hail Mary*, Mother of Jesus. Parsis, Sikhs and Mohammedans may select a name or Mantra from the Zend Avesta, Granth Sahib or Koran respectively.

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#### **4. DIETETIC DISCIPLINE**

Take Sattvic food. Give up chillies, tamarind, garlic, onions, sour articles, oil, mustard, asafoetida. Observe moderation in diet (Mitahara). Do not overload the stomach. Give up those things which the mind likes best, for a fortnight once or twice in a year. Eat simple food. Milk and fruits help concentration. Take food as medicine to keep the life going. Eating for enjoyment is sin. Give up salt and sugar for a week or a fortnight. You must be able to live on rice, dal and bread without any pickle. Do not ask for extra salt for dal and sugar for tea, coffee or milk. People taking non-vegetarian diet should try their best to gradually give up flesh eating as completely as possible. They will be immensely benefited.

#### **5. MEDITATION ROOM**

Have a separate meditation room under lock and key. If this is not possible then a corner of the room should be set apart with a small cloth screen or curtain drawn across.

#### **6. SWADHYAYA**

Study systematically the Gita, Ramayana, Bhagavatam, Vishnu Sahasranama, Lalita Sahasranama, Adityahridaya, Upa-nishads, Yoga Vasishtha, Bible, Imitation of Christ, Koran, Zend Avesta, the Gathas, Tripitaka and other religious books from half an hour to one hour daily, and have Suddha Vichara (pure thoughts).

#### **7. ELEVATE THE MIND**

Get by heart some prayer Slokas, Stotras and repeat them as soon as you sit on the Asana before starting Japa or meditation. This will elevate the mind quickly.

#### **8. BRAHMACHARYA**

Preserve the vital force (Veerya) very, very carefully.

Veerya is God in motion or manifestation (Vibhuti). Veerya is all power. Veerya is all money. Veerya is the essence of life, thought and intelligence. This instruction is not for bachelors only. Householders also must follow this, as far as possible. They must be extremely moderate in their marital connections with their wives.

### **9. CHARITY**

Do charity regularly every month or even daily according to your means. Never fail in this item. If necessary forego some personal wants but keep up this charity regularly.

### **10. HAVE SATSANGA**

Give up bad company, smoking, meat and alcoholic liquors entirely. Have constant Satsanga. Do not develop any evil habits. Deliberately exert to develop positive virtuous qualities.

### **11. FAST**

Fast on *Ekadasi* or live on milk and fruits only. Christians must fast on alternate Sundays, Muslims on alternate Fridays, and Parsis on a suitable day every fortnight.

### **12. JAPA MALA**

Have a Japa Mala (rosary) around your neck or in your pocket or underneath your pillow at night. This will remind you of God. Twirl the beads now and then or whenever you have some leisure.

### **13. OBSERVE MOWNA**

Observe Mowna (vow of silence) for a couple of hours daily. Do not make gestures and inarticulate noises during the period of silence.

### **14. DISCIPLINE OF SPEECH**

Speak the truth at any cost. Speak little. Speak sweetly. Always utter encouraging words. Never condemn,

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criticise or discourage. Do not raise your voice and shout at little children or subordinates.

#### **15. BE CONTENT**

Reduce your wants. If you have four shirts, reduce the number to three or two. Lead a happy, contented life. Avoid unnecessary worry. Be mentally detached. Live simply and develop high thinking. Think of those who do not possess even one-tenth of what you have. Share what you have with others.

#### **16. PRACTISE LOVE**

Never hurt anybody — *Ahimsa Paramo Dharmah* (Non-injury is the highest virtue). Control anger through love, forgiveness (Kshama) and compassion (Daya).

#### **17. BE SELF-RELIANT**

Do not depend upon servants. Self-reliance is the highest of all virtues.

#### **18. HAVE SELF-ANALYSIS**

Think of the mistakes you have committed during the course of the day, just before retiring to bed (self-analysis). Keep a daily spiritual diary and self-correction register as Benjamin Franklin did. Maintain daily routine and resolve-form.

#### **19. DO YOUR DUTY**

Remember that death is awaiting you at every moment. Never fail to fulfil your duties. Have pure conduct (Sadachara).

#### **20. REMEMBER GOD**

Think of God as soon as you wake up and just before you go to sleep, and at all other times whether engaged in any work or not. Repeat His Name always.



*This is the essence of all spiritual Sadhana. This will lead you to Moksha. All these Niyamas or spiritual canons must be rigidly observed. You must not give any leniency to the mind.*

**2. SADHANA TATTWA**  
**OR**  
**THE SCIENCE OF SEVEN CULTURES**  
**For Quick Evolution of the Human Soul**  
**(SWAMI SIVANANDA)**

- (a) *An ounce of practice is better than tons of theory. Practise Yoga, Religion and Philosophy in daily life and attain Self-realisation.*
- (b) *These thirty-two instructions give the essence of the Eternal Religion (Sanatana Dharma) in its purest form. They are suitable for modern busy householders with fixed hours of work. Modify them to suit your convenience and increase the period gradually.*
- (c) *In the beginning take only a few practicable resolves which form a small but definite advance over your present habits and character. In case of ill-health, pressure of work or unavoidable engagements replace your active Sadhana by frequent remembrance of God.*

**HEALTH CULTURE**

1. Eat moderately. Take light and simple food. Offer it to God before you eat. Have a balanced diet.
2. Avoid chillies, garlic, onions, tamarind, etc., as far as possible. Give up tea, coffee, smoking, betels, meat and wine entirely.
3. Fast on Ekadasi days. Take milk, fruits or roots only.

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4. Practise Yogic Asanas or physical exercises for fifteen to thirty minutes. Take a long walk or play some vigorous games daily.

#### **ENERGY CULTURE**

5. Observe silence (Mowna) for two hours daily and four to eight hours on Sundays.

6. Observe celibacy according to your age and circumstances. Restrict the indulgence to once a month. Decrease it gradually to once a year. Finally take a vow of abstinence for whole life.

#### **ETHICAL CULTURE**

7. Speak the TRUTH. Speak little. Speak kindly. Speak sweetly.

8. Do not injure anyone in thought, word or deed. Be kind to all.

9. Be sincere, straightforward and open-hearted in your talks and dealings.

10. Be honest. Earn by the sweat of your brow. Do not accept any money, thing or favour unless earned lawfully. Develop nobility and integrity.

11. Control fits of anger by serenity, patience, love, mercy and tolerance. Forget and forgive. Adapt yourself to men and events.

#### **WILL CULTURE**

12. Live without sugar for a week or a month. Give up salt on Sundays.

13. Give up cards, novels, cinemas and clubs. Fly from evil company. Avoid discussions with materialists. Do not mix with persons who have no faith in God or who criticise your Sadhana.

14. Curtail your wants. Reduce your possessions. Have plain living and high thinking.

### HEART CULTURE

15. Doing good to others is the highest religion. Do some selfless service for a few hours every week, without egoism or expectation of reward. Do your worldly duties in the same spirit. Work is worship. Dedicate it to God.

16. Give two to ten per cent of your income in charity every month. Share what you have with others. Let the world be your family. Remove selfishness.

17. Be humble and prostrate to all beings mentally. Feel the Divine Presence everywhere. Give up vanity, pride and hypocrisy.

18. Have unwavering faith in God, Gita and your Guru. Make a total self-surrender to God and pray: “Thy Will be done; I want nothing”. Submit to the Divine Will in all events and happenings with equanimity.

19. See God in all beings and love them as your own self. Do not hate anyone.

20. Remember God at all times or, at least, on rising from bed, during a pause in work and before going to bed. Keep a Mala in your pocket.

### PSYCHIC CULTURE

21. Study one chapter or ten to twenty-five verses of Gita with meaning daily. Learn Sanskrit, at least sufficient to understand the Gita in original.

22. Memorise the whole of Gita, gradually. Keep it always in your pocket.

23. Read Ramayana, Bhagavata, Upanishads, Yogavasishtha or other religious books daily or on holidays.

24. Attend religious meetings, Kirtans and Satsangas of saints at every opportunity. Organise such functions on Sundays or holidays.

25. Visit a temple or place of worship at least once a week and arrange to hold Kirtans or discourses there.

26. Spend holidays and leave-periods, when possible, in the company of saints or practise Sadhana at holy places in seclusion.

### **SPIRITUAL CULTURE**

27. Go to bed early. Get up at 4 o'clock. Answer calls of nature, clean your mouth and take a bath.

28. Recite some prayer and Kirtan Dhwani. Practise Pranayama, Japa and meditation from five to six o'clock. Sit in Padma, Siddha, or Sukha Asana throughout, without movement, by gradual practice.

29. Perform your daily Sandhya, Gayatri Japa, Nityakarma and worship, if any.

30. Write your favourite Mantra or name of God in a notebook for ten to thirty minutes.

31. Sing names of God (Kirtan), prayers, Stotras, and Bhajans for half to one hour at night, with family and friends.

32. Make annual resolves on above lines. Regularity, tenacity and fixity are essential. Record Sadhana in a spiritual diary daily. Review it every month and correct your failures.

### **3. UNIVERSAL PRAYER**

**(SWAMI SIVANANDA)**

O Adorable Lord of Mercy and Love!

Salutations and prostrations unto Thee.

Thou art Omnipresent, Omnipotent and Omniscient.

Thou art Existence-Consciousness-Bliss Absolute.

Thou art the Indweller of all beings.

Grant us an understanding heart,  
 Equal vision, balanced mind,  
 Faith, devotion and wisdom.  
 Grant us inner spiritual strength  
 To resist temptations and to control the mind.  
 Free us from egoism, lust, greed, hatred, anger and jealousy,  
 Fill our hearts with divine virtues.

Let us behold Thee in all these names and forms.  
 Let us serve Thee in all these names and forms.  
 Let us ever remember Thee.  
 Let us ever sing Thy glories.  
 Let Thy Name be ever on our lips.  
 Let us abide in Thee for ever and ever.

#### **4. SONG OF EIGHTEEN 'ITIES'**

**(SWAMI SIVANANDA)**

Serenity, regularity, absence of vanity,  
 Sincerity, simplicity, veracity,  
 Equanimity, fixity, non-irritability,  
 Adaptability, humility, tenacity,  
 Integrity, nobility, magnanimity,  
 Charity, generosity, purity,  
 Practise daily these eighteen 'ities'.  
 You will soon attain immortality.  
 Brahman is the only real entity.  
 Mr. So and so is a false non-entity.  
 You will abide in Eternity and Infinity,  
 You will behold unity in diversity.  
 You cannot attain this in the university.  
 You can attain this in the Forest University.

#### **5. THE EIGHTEEN 'ITIES'**

*For everyone's success in life, and especially for an aspirant's success in spiritual life, it is essential that he*

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*should develop certain cardinal qualities. Virtue is power, strength and the key to peace. A virtuous man is ever happy, peaceful and prosperous. People ask me for a specific mention of the virtues that one should develop. The “Song of Eighteen Ities” enumerates the virtues that everyone should cultivate. Take up any one virtue and develop it to a very high degree of perfection; eradicate in toto its opposite evil quality even in its most subtle form. Meditate on these virtues, their benefits, the methods of cultivating these virtues. The eighteen “Ities” are:—*

#### **1. SERENITY**

Be tranquil within. Let that inner peace and joy radiate through a serene countenance. A serene countenance is peaceful, smiling, serious and does not betray any violent emotions. It is like the surface of a still lake.

#### **2. REGULARITY**

Be regular in your daily habits, work and spiritual practices. Get up at a particular time daily; go to bed at a particular time. Be clock-like in your daily activities. You will be free from worry, anxiety, haphazard and shabby work. You will do the right thing at the right moment.

#### **3. ABSENCE OF VANITY**

Do not boast of your birth, position, qualifications and spiritual attainments. Remember the evenescent nature of all things phenomenal. Praise others. See good in all. Treat even the lowliest creatures as your equal. Let there be harmony among your thoughts, words and actions.

#### **4. SINCERITY**

Let your words agree with your thoughts; let your actions agree with your words. Let there be harmony among your thoughts, words and actions.

### **5. SIMPLICITY**

Be artless. Be simple in your speech. Do not twist words and topics. Be plain; avoid diplomacy, cunningness and crookedness. Be simple in your dress. Be simple in your food. Develop a childlike nature.

### **6. VERACITY**

Be truthful. Stick to your promises. Do not exaggerate. Do not twist facts. Think twice before you speak. Speak truthfully, speak sweetly; be precise in what you say.

### **7. EQUANIMITY**

Be calm. Bear patiently insult, injury, suffering, failures and disrespect. Do not be elated by praise, pleasure, success and honour. Look upon both with equal vision. Behave alike towards friends and foes. Never let a thing disturb your inner peace.

### **8. FIXITY**

Remember that you can achieve nothing if you are fickle-minded. Do Vichar (enquiry). Choose your goal or ideal. Always remember that. Never let it go out of your mind even for a moment.

### **9. NON-IRRITABILITY**

Irritability is the precursor of violent outburst of anger. Watch for the disturbance in the mental equilibrium. Watch for the ripples of anger that might rise in the lake of the mind. Quell them then and there. Do not allow them to assume greater proportions. Then you will attain the non-irritable state of peace and love.

### **10. ADAPTABILITY**

Understand the nature of the people with whom you come into contact. Adjust your mode of approach to them, your conduct towards them in such a way as to be

pleasing to them. Joyfully bear with the eccentricities of other people. Always react in a harmonious manner. Serve all and love all. Have the feeling that the Lord is in all as the Self of all.

### **11. HUMILITY**

Respect everybody. Bow with folded hands before everybody. Do not talk in a loud voice before elders and venerable persons. Look at the toes while you walk. See the Lord in all, and feel that you are His servant and so the servant of all. Consider none as inferior to you.

### **12. TENACITY**

This is the natural friend of fixity. Once you have fixed your aim and chosen your path, stick to it. Do not waver. Be steadfast. Never compromise on your fundamental principles. Have the mental attitude: "I may give up life; but I will not swerve from the path; I will not break my vows."

### **13. INTEGRITY**

Develop an integral personality. Tie all loose ends of your character. Become a man of high moral principles. Lead a life of righteousness. Let righteousness waft its sweet fragrance from you. Everyone will trust you, obey you, respect you and revere you.

### **14. NOBILITY**

Shun mean-mindedness as dung and poison. Never look into the defects of other people. Appreciate everyone's good qualities. Be dignified in bearing. Never stoop to low thoughts, words and actions.

### **15. MAGNANIMITY**

Take a broad view of things. Ignore the faults of others. Be great and broad-minded in whatever you do. Avoid idle talk and childish prattle. Let not the mind dwell on little and insignificant things.

Be good. Do good. — Swami Sivananda



## 16. CHARITY

Give, give and give. Radiate thoughts of good-will and love. Forgive the faults of others. Bless the man who injures you. Share what you have with all. Feed and clothe all. Disseminate spiritual knowledge to one and all. Use the material wealth, knowledge, spiritual wisdom that you possess as a divine trust, entrusted to you by God, to be distributed among His children.

## 17. GENEROSITY

In whatever you give be liberal. Have a large heart. Do not be stingy. Take delight in the joys of others, in making others happy. Generosity is a sister-virtue of charity. Generosity is the fulfilment of charity, magnanimity and nobility.

## 18. PURITY

Be pure at heart. Eradicate lust, anger and greed and other evil qualities. Be pure in your thoughts; let no evil thought enter your mind. Think of God always; think of the well-being of all. Be pure in your words; never utter a vulgar, harsh or unkind word. Be pure in body also; keep it clean. Keep your dress and surroundings clean. Observe the rules of physical, mental, moral and spiritual hygiene.

*These eighteen "Ities" will pave the way for you to march into the kingdom of God. They will open out the gates of Immortality for you. You will achieve great success in this life on earth also. A man who possesses these qualities in a very large measure is a saini indeed, who will be respected, adored and worshipped by one and all.*

## **PART - F**

**Agenda of the 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", based on Sivananda Literature, for our Modern Students, organised by the Divine Life Society, Bolangir Branch, Bolangir, Odisha, India on 09<sup>th</sup> November 2024.**

## The Divine Life Society, Bolangir Branch, Odisha, India

)1 Day “Students Awareness Programme on Value Education for  
Life Building and Successful Living”, based on Sivananda  
Literature, with Exhibition of Books, for our Modern Students  
on 09<sup>th</sup> November 2024

### Agenda

Sl. No	Particulars
	Forenoon Hours – 9.00 A.M. to 01.00 A.M.
1	Registration of Students – 9.00 A.M. to 9.15 A.M.
2	Breakfast – 9.15 A.M. to 9.45 A.M.
1	Commencement of the Programme:- 10.00 A.M. Announcement about the programme and Invitation to Guests to the dais – (05 mnts.)
2	Introduction of the Guests and participants – (15 mnts.)
3	Welcoming the Guests and the participants by the President, Divine Life Society, Bolangir Branch – (05 mnts.)
4	Lighting of lamp and worshipping of the Deities by Guest of Honour and other dignitaries. Simultaneously chanting of Shanti Mantras of the Veda by Prof. Diptimaya Dash – (15 mnts.)
5	Chanting of Om, Ganesh Stotra, Saraswati Stotra and Guru Stotras by Prof. Diptimaya Dash – (10 mnts.)
6	Great Need for this Students' Awareness Programme on “Value Education for Life Building and Successful Living” – Inaugural Address by Sri Mohan Lal Agrawal, the Initiator of this Programme – (20 mnts.)
7	Precious Human Life and Its Proper Building – Address by Prof. Diptimaya Dash, Chief Speaker – (40 minutes)
	Tea Break – 10 mnts.

Be good. Do good. — Swami Sivananda

8	Value Education (Life-building, Character-building and Man-making Education) – Its burning necessity in the life of modern students – Address by Prof. Diptimaya Dash, Chief Speaker – (70 minutes)
	Lunch Break – 01.00 P.M. to 02.00 P.M.
	Afternoon session – 02.00 P.M. to 06.00 P.M.
9	Sivananda Literature – Its great benefits for modern students in life building and successful living – Address by Prof. Diptimaya Dash, Chief Speaker – (50 minutes)
10	A new subject named "Life Building Science" and Two new books on "Life-building, Character-building and Man-making Education" for study by our Modern Students – Address by Prof. Diptimaya Dash, Chief Speaker – (20 minutes)
11	Indian Culture and Modern Students – Address by Shri Sarat Chandra Dixit, Special Guest – (30 mnts.)
12	Concluding Address to Modern Students – Address by His Holiness Sri Swami Sivachidananda Saraswati – (20 mnts.)
	Tea Break – 10 mnts.
13	A Humble Prayer to our Modern Students – Concluding Address by Sri Mohan Lal Agrawal, the Initiator of this Programme – (20 mnts.)
14	Vote of thanks – The Secretary, Divine Life Society, Bolangir Branch – (10 mnts.)
15	Distribution of free literature to the participating students (10 minutes)
16	Students to visit the Exhibition of Sivananda Literature and see the exhibited books on "Life-building, Character-building and Man-making Education" – (60 minutes)
	Tea and Conclusion of the Programme

Excerpt from the Publisher's Note contained in the Booklet "Students, Spiritual Literature and Sivananda" published by The Divine Life Society, Headquarters, Rishikesh.

"Students are moulded to the education they receive," says Swamiji\*. At a time when education in this country has lost much of its meaning by its being devoid of man-making spiritual content, Sivananda Literature comes as a God-sent boon to the student community. No one, perhaps, is better qualified to advise the students and command their love and reverence than Swami Sivananda, because Swamiji speaks not as a Master, but as a friend and well-wisher. Says he: "I speak as your humble Sevak and 'Hitakankshi'. Whatever I say, I say by way of friendship and you have to act upon it after hearing me. Please accept this as a gift and make it your own." Gurudev's gift, not only to youth but to the whole mankind, is his literature, sweet and sublime, vast and luminous — the Divine Literature in commemoration of which the Sivananda Literature Festival is being celebrated today (July 20, 1959) throughout the whole world.

\* Swami Sivananda Saraswati

### Sivananda Literature — The Akhanda Jyoti

The teachings of Swami Sivananda Saraswati from his saintly heart as contained in Sivananda Literature, the God-sent Gift, are immortal. Therefore, those are a great blessing not only to the generation in which He lived but also to the generation and generation to come after Him.

The world-renowned saint Swami Chidananda Saraswati, one of the foremost and great disciples of Swami Sivananda Saraswati, while delivering a talk on His Holy Spiritual Master said "Our daily life should be a response to that call from darkness to Light. And Holy Master, having become illumined with that Light, wished to share it with all mankind, with all his brethren. And this great and intense urge from his great heart manifested itself as 300 books and his free distribution of innumerable pamphlets. This sharing was one hundred per cent of his life. It marked his entire being — share! "May all be illumined. May all attain that great peace. May all become blessed. May all become liberated!" That was Holy Master!" He further said, "And through this institution that he established, he continues to do that sublime

work. Fortunate indeed is mankind. Blessed are generations that have come after him, for he made his light to shine perpetually. He has made it akhanda jyoti. He has made a permanent, unbroken light, banishing the darkness, illumining the pathway of life of all sincere seekers."

In view of the foregoing, Sivananda Literature can most eminently meet the requirements of our modern students on various topics of life-building, character-building and man-making education or the subject of "Life Building and Successful Living" or, in short, "Life Building Science" for ever, generation after generation, and hence, our modern students can most profitably study Sivananda Literature and derive immense benefits in their lives, both secular and spiritual.

**Video Recording of this 01 Day Students’  
Awareness Programme on  
“Value Education for Life Building  
and Successful Living”,  
based on Sivananda Literature,  
for our Modern Students,**

Students can watch the video recording of various episodes, commencing with the abbreviation "ODSAP-DLS-BGR", **01 Day Students’ Awareness Programme on “Value Education for Life Building and Successful Living”, based on Sivananda Literature, for our Modern Students** (i) in the **YouTube Channel with the name <Life Building Science>**, (Link:-[https://www.youtube.com/channel/UC\\_engDsJG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA)); and also (ii) in the **YouTube Channel with the name <Mohan's Value Education>**, (Link:- [https://www.youtube.com/channel/UCRku88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRku88g4_8o5OiigWI0owZQ)); and thereby, they can derive great benefits from this Students’ Awareness Programme for themselves.



### Dear Students ! Kind attention please:

#### A Newly Designed Certificate Course on "Life Building Science"

Our modern students can watch and undergo, free of cost, one newly conceived, designed and prepared **Certificate Course** on a new subject named **"Life Building Science" on "Life-building, Character-building and Man-making Education"**, (i) in the **Internet Archive**, (i) by accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, video recording of various episodes of the said Certificate Course, beginning with the abbreviation "LBS", will be displayed; and also (ii) in the **YouTube Channel with the name <Life Building Science>**, (Link:-[https://www.youtube.com/channel/UC\\_engDs\\_JG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDs_JG4yfEEM6e9UQuEA)). -

— Mohan Lal Agrawal

### Dear Students ! Kind attention please:

#### Soft copies of the newly designed Text Book "Life Building Science" and the Book "Youth ! Arise, Awake and Adopt the Right Path of Life"

Our modern students can study, free of cost, the soft copies of the newly conceived, designed and prepared Text Book "Life Building Science", and the Book of compilation "Youth ! Arise, Awake and Adopt the Right Path of Life" (in 16 volumes) on "Life-building, Character-building and Man-making Education" in the **Internet Archive**, by (1) accessing internet through any browser, (2) logging in <archive.org>, (3) clicking <Advance Search> (A box of fields will appear on the screen), (4) typing <Mohan Lal Agrawal> in the field "Creator", (5) clicking <Search>. Now, soft copies of both the books in PDF format will be displayed.)

— Mohan Lal Agrawal

**"Better education, better schools and colleges, better teachers and professors, better books, better parents - all these will create a better nation." — Swami Sivananda Saraswati (From the Book "Religious Education")**

Be good. Do good. — Swami Sivananda

### Students' Award Life Building and Su organised by the



Worship of Deities and S



Guests and S



Sri Mohan Lal Agrawal, In



Sri Sarat Chandra Di



Sri Raghunath Babu, Secret

**Students' Awareness Programme on "Value Education for Life Building and Successful Living" for our dear Modern Students organised by the Divine Life Society, Bolangir Branch, Odisha**



Worship of Deities and Sivananda Literature



Lighting of Lamp



Guests and Speakers



Sri Sivananda Dash, President, DLS, Bolangir



Sri Mohan Lal Agrawal, Initiator of the Festival



Prof. Diptimaya Dash, Chief Speaker



Sri Sarat Chandra Dixit, Chief Guest



H.H. Sri Swami Sivachidananda Saraswati  
Guest of Honour



Sri Raghunath Babu, Secretary, DLS, Bolangir



Smt. Babita Mishra, Anchor



Participating Students



Sivananda Literature Exhibition  
Wall Banner



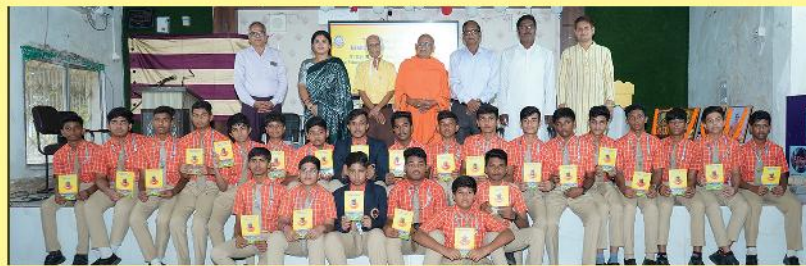
H.H. Sri Swami Sivachidananda Saraswati  
seeing Sivananda Literature at the Exhibition



Students seeing  
Sivananda Literature at the Exhibition



Students seeing  
Sivananda Literature at the Exhibition



Guests, Speakers, Students and Teachers at the Sivananda Literature Festival



Sivananda Ashram,  
Divine Life Society, Bolangir Branch



Lord Sri Viswanath at Sivananda Ashram,  
Divine Life Society, Bolangir Branch



Gurudev H.H. Sri Swami Sivananda Saraswati and Gurudev H.H. Sri Swami Chidananda Saraswati  
at Sivananda Ashram, Divine Life Society, Bolangir Branch





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## **Spiritual Education**

### **Swami Vivekananda**

"I look upon religion as the innermost core of education...."

"Religion is 'the manifestation of the divinity already in man'."

"Every improvement in India requires first of all an upheaval in religion. Before flooding the land with socialistic or political ideas, first deluge the land with spiritual ideas. If you attempt to get secular knowledge without religion, I tell you plainly, vain is your attempt in India; it will never have a hold on the people."

"We must have a hold on the spiritual and secular education of the nation. ... You must dream it, you must talk it, you must think it, and you must work it out. Till then there is no salvation for the race."

### **Mahatma Gandhi**

"If India is not to declare spiritual bankruptcy, religious instruction of its youth must be held to be at least as necessary as secular instruction."

"WITHOUT a national system of education, all our efforts must prove futile. ....Whenever we get Swaraj-raj -- to-day or after some time, it has to be remembered that it will not last long without national education."

### **Swami Sivananda**

"True education must teach not merely some means of earning livelihood, tenets of citizenship, etc., but it must develop moral and spiritual qualities of the student."

"Education must aim at forming a spiritual attitude towards life. Spirituality does not hinder material progress. It buttresses, in fact, material interests. The real advancement and well-being of every society and nation depend upon the right kind of educational basis."

"If an educational system is to be morally effective, it must rest on a spiritual foundation. If this is assured, then science and technology will best serve the interests of mankind. Lop-sided emphasis either on humanities or science alone will not serve the interests of the country. Science is not Godless. Science alone cannot ensure peace and harmony. Humanities alone cannot cure the ills of poverty or safeguard the freedom of the country. There should be a synthetic development of the both."

## About This Souvenir

Student Life and Youth Period is said to be the "Golden Period" of Precious Human Life. During this golden period, which is the "Right Period", students need to decide the right goals of their precious lives; and build their lives rightly by laying the foundation of their lives properly and strongly with life's four foundation pillars, viz. good physical health, powerful mind, noble character and ethical conduct, with strict observance of complete celibacy; and by constructing the superstructure of their lives completely, properly, strongly and nicely with achievement of economic prosperity, fulfillment of vital worldly desires, adherence to righteousness and attainment of spiritual illumination for liberation of the individual soul, which are the four great goals of ideal human life according to our great and glorious Indian Culture or *Bharatiya Sanskruti*. Thereby, students can live their precious human lives ideally and successfully, i.e. both economically and materially prosperously as well as spiritually happily and peacefully. Simultaneously, they can become worthy assets of their families, good members of the societies and ideal citizens of the nations.

In this connection, they need to acquire knowledge on all the above matters through what is called **"Life-building, Character-building and Man-making Education", which is the "Real Education"**, in their schools, colleges and universities. Such education was imparted to our ancient students in the *Gurukulas* and *Rishikulas*, but there is no complete and permanent provision in our schools, colleges and universities to impart the same to our modern students. Therefore, they are suffering from irreparable damages and incurring permanent losses in their lives. Hence, they need such education most intensely, urgently and immediately. **This is the "Greatest and Burning Need of the Hour of our Modern Students"**.

In this situation, our modern students can most profitably study the world-renowned **"Sivananda Literature"** which can most eminently meet their above need of "Life-building, Character-building and Man-making Education".

In this context, one 01 Day Students' Awareness Programme on "Value Education for Life Building and Successful Living", with addresses delivered by Speakers and Guests; and exhibition of Sivananda Literature, i.e. Books written by H. H. Shri Swami Sivananda Saraswati, the Founder-President of the International Divine Life Society, Headquarters, Rishikesh, India on various topics of the subject of "Life-building, Character-building and Man-making Education", the "Real Education", was organised by the Divine Life Society, Bolangir Branch, Odisha, India on the 09th November 2024, with a view to create necessary awareness on the theme of this programme in our dear modern students and for their immense benefits.

This commemorative souvenir titled "Golden Student Life", brought out on this novel and pioneering occasion, contains very valuable and beneficial learning materials and write-ups on "Life-building, Character-building and Man-making Education", for study by and immense benefits of our dear modern students.

We firmly believe and greatly hope that by studying this Souvenir and practising the knowledge contained in this Souvenir, our dear modern students can derive immense benefits in their personal lives.

- Publisher